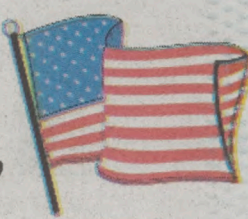


Wilmington Town Crier



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32 PAGES

Train and traffic woes continue on Rt. 62

By LIZZIE MCDERMOTT
News Correspondent

WILMINGTON — Stopped trains on Route 62 are still raising the ire of residents and local officials alike.

At a meeting on Dec. 10, the Board of Selectmen discussed the North Wilmington train station. Members of the Board met on July 18 with representatives from

Keolis. Keolis claimed that northbound trains stopped at route 62 only when carrying handicapped passengers, and that Southbound trains stopped in the roadway because there was no platform for passengers to disembark otherwise.

According to the Town Manager Jeffrey Hull, the cost of constructing new platforms at the station is unclear.

Hull stated that Senator Bruce Tarr is currently working on reaching out to the MBTA to develop a better solution to the problem. Tarr was able to get one million dollars included in an economic development bond bill toward the cost of improvements at the station. Hull said the next step is making sure that one million dollars gets included in the governor's five-year capital plan.

Selectman Michael McCoy asked if there was a way to get more recent updates on the situation posted on the town website, so that more residents could be made aware of the status of the project. Selectman Ed Loud added that he had been updating public safety officials whenever he noticed the train blocking the road.

"I personally, out and about in

town, took a couple of pictures and sent them to Chief Begonis," said Loud.

Selectman Greg Bendel, who was one of the board representatives present at the meeting with Keolis in July, said that he had proposed to Keolis a flashing light emergency vehicle alert system, like those used at traffic

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ROOTS Coalition holds event on substance misuse

By CASSIA BURNS
News Correspondent

(Eds. note: the following is an update to a story that ran last week)

WILMINGTON — On Monday night, Dec. 3, the ROOTS Coalition held their second Dinner with a Dialogue event at Villanova Hall. Approximately 20 people attended the event.

At the event, attendees were invited to engage in discussion surrounding the emerging substance misuse trends seen among youth alongside the ROOTS Coalition and special guest Samantha Reif, LCSW, the Wilmington Health & Recovery Coordinator.

Among the topics discussed were vaping, THC/CBD, and marijuana.

This was not the first event of this nature held by the ROOTS Coalition. Back on Sept. 19, 2018, the first Dinner with a Dialogue was

held, in which the primary discussion was the impact of social media on society. Specifically, it focused on how youth are being impacted by the social media phenomenon and strategies to help. The event had a special guest facilitator Lexi Shuman, LMHC, psychotherapist and parent coach to answer questions.

In regards to the background behind the ROOTS Coalition, it is an organization based out of Wilmington focused on the prevention, education of, and raising awareness towards opioid abuse. It was founded after a Wilmington resident posted on Facebook seeking others to discuss the thoughts, ideas, and emotions concerning the nation's opioid addiction problem.

On March 22, 2018, the ROOTS (Raising Our Own To be Strong) Coalition was formed, and it is comprised

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AED accessibility a continued challenge

By LIZZIE MCDERMOTT
News Correspondent

WILMINGTON — Town Manager Jeffrey Hull outlined some of the factors limiting the town's ability to make automatic external defibrillators (AED's) available at public parks and ballfields. The issue has been the topic of serious discussions in town since last spring, when Representative Jim Miceli collapsed suddenly at the Little League Parade.

Citing conversations with the fire chief and recreation director, Hull explained that AED devices need to be kept in a climate controlled environment due to the fact that

the mechanical elements, batteries, and pads all rely upon a limited range of temperature.

Additionally, the devices need to be accessible enough for fast access in an emergency situation, but not so accessible that they are vulnerable to theft.

Selectman Ed Loud, who was recently revived from a cardiac arrest, noted the importance of accessibility to the devices.

"I'm very thankful that the police department have one in their police cruisers," Loud said, noting that some residents may not realize that each cruiser does indeed have an AED.

He also asked that the town continue to look into ways to make the devices available to those playing sports in town.

"I hope someday that every pop Warner coach, every baseball coach has one in their bag, and brings it with them, or at least one at the ballfield when there's a game going on," Loud said.



Farmers Market continues indoors at Methodist Church



▲ Nathan Stuart of Arrowhead Farm appears to have the most popular indoor Farmers Market stand.

◀ Cheryl and Matt Faro of The Seafood Express is now at the indoor Farmers Market every Sunday from 2 - 4 p.m. at the Methodist Church.

▼ The Polish Prince Pierogi Chef at the Farmers Market. Pierogi are filled dumplings of Central European origin. Made by wrapping unleavened dough around a savory or sweet filling and cooking in boiling water then grilled for a browned crunchy finish. Wilmington residents Doug and Michelle Drozdowski create these fun filled dumplings on location and from their food truck. Stacey, Emily, Chris and Cooper Foti with Drew and Ava enjoy a box of pierogis.

(photo: BruceHilliard.com)



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Wilmington Library Notes

by Christina Stewart

Interview fundamentals on Monday, Dec. 17

Upcoming Events

Registration begins 30 days prior to the event. Please register online using our Calendar of Events at www.wilmlibrary.org or by calling (978) 694-2099 (for Adult) or (978) 694-2098 (for Youth). Please note we request registration for programs that are marked *RR. Adult programs are recommended for those 16 years of age and older.

Poetry Circle *RR

Saturday, December 15, 9:15 am-11:30 am

Love poetry? The poetry circle is a great opportunity to meet other poets and get constructive feedback in a supportive environment. When registering, please provide your email address

so you can receive an agenda and any prep materials in advance. Led by local writing enthusiast, Barbara Alveras.

Interview

Fundamentals *RR

Monday December 17, 10 am

Is your resume getting your foot in the door but you're not advancing beyond the interview? Come and learn the best practices of a successful job interview! We will discuss research, CAR Statements, post-interview follow-up and the importance of non-work related activities. We will also explore how best to navigate an interview's behavioral and traditional questions. Taught by MassHire staff.

Coffee with a Cop

Wednesday, December 19, 10 am

Drop in, grab a tea or coffee, and chat with a police officer. Learn about the rights of the public as well as the roles and responsibilities of Police and Community in a relaxed and open setting. All questions welcome.

Current Affairs

Discussion Group *RR
Wednesday, December 19, 10 am

This group is for all who would like to broaden their knowledge of current national and international affairs. You will have the opportunity to discuss topical events and learn from others. Led

by facilitator Dan Hall.

English Conversation Group *RR

Thursday, December 20, 7 pm-8 pm

Practice speaking English with fellow English language learners in a relaxed environment. Open to all ability levels. Led by ESL Teacher and Program Coordinator Susan MacDonald.

Kids & Teen Events

Kids Kraft: Hot Cocoa Cones and Holiday Cupcakes

Saturday, December 15, 2 pm

Create the perfect hot chocolate mix and decorate some holiday cupcakes to go along with it. This craft is led by three Wilmington High School students. Grades 1-5

Baby Laptime *RR

Monday, December 17, 9:30 am

Join us for a morning of songs, tickles, bounces, and rhymes perfect for little pre-walking babies and their caregivers. Infants - 18 months

Exploration Station: Art *RR

Monday, December 17, 10:30 am

Explore art through hands on activities. Ages 3-5

Crafternoons: Sharpie Mugs & Mug Cake Mixes

Tuesday, December 18, 3:45 pm

Decorate a mug with Sharpies (it's washable!), and fill it with all the ingredients to make a delicious, microwaveable cake! Take home a cake mix kit for yourself, too. Grades 4-8

Trivia Tuesdays *RR

Tuesday, December 18, 6:30 pm

Show us your smarts at pub-style trivia! Play against your friends, putting your pop culture knowledge to the test. The winning team walks off with prizes and bragging rights! Snacks provided. Grades 6-12

Kindergarten

Book Club *RR

Wednesday, December 19, 3:45

This book club is for Kindergarteners who miss storytime or those who love to be read to. We will read and discuss a few books together, then do a fun activity. Kin-

dergarten

Read to Prince *RR

Wednesday, December 19, 5-6:30 pm

Come meet and read to Prince, a beautiful Golden Retriever who loves to listen to kids read! Sign up for one 15 minute session per reader.

Library News

Closed Friday Morning

Dec 14

The library will be closed Friday, December 14 from 9am to 1pm for staff training. The library will be open from 1pm to 5pm that day.

Book Store Next Door

Holiday Shopping

Don't forget to shop at the Friends of the Library Book Store Next Door for the reader on your gift list. Gift certificates make great stocking stuffers and gifts for teachers. Holiday books are also half price! The Book Store Next Door is open Wednesday and Saturday 10 am to 4 pm. All proceeds benefit the Wilmington Memorial Library.

New 'healing' kits and special backpacks at library

By BARBARA RAAB
Youth Services Librarian

Youth Services Librarian Barbara Raab is pleased to announce that new themed backpacks and "healing" kits on special topics are available at the Wilmington Memorial Library. These kits were put together to connect children and families with resources that address a variety of needs and in some cases, emotion-

al trauma. The backpacks contain several books, a DVD or CD, and 1-2 hands-on items on the topic and are primarily targeted toward children ages 3-7.

The following lists the items included in the Special Backpacks:

New Baby: Help a future big sibling prepare for the birth of a new baby. The kit contains six books, a DVD, a doll with accessories and a Big Brother and Big Sister cape.

Worrying: For the child who deals with worry and anxiety. The kit contains books, a children's relaxation CD, a LumiPets LED night light, Worry Eaters doll, Kaleidoscope, Stress balls and Tangle toys.

Girl Power: Encourage girls empowerment, independence and confidence. The kit contains books, a DVD, a game, coloring

pages of artwork by women artists, and a career dolls magnet set.

Diversity: Celebrate the diversity of families. The kit contains books, multicultural CDs, multicultural dolls, crayons and coloring sheets.

We have also developed Healing Book Kits designed to help families start conversations about sensitive issues. These kits include Divorce, Death of a Pet, Grandparents with Illness, Potty Training and Hospital Visits.

In addition to the healing kits and special backpacks, the library also has early literacy kits, discovery kits and problem solving kits. All kits can be reserved and can be checked out for one week. Please contact the Youth Services Department for more information or questions about these resources at 978-694-2098.



► Youth Services Librarian Barbara Raab holds the Worry Eaters Doll and a book from the Worrying Backpack Kit

(Courtesy photo)

It's Your Money

by Todd Brisbois

GRANDPARENTS CARING FOR GRANDCHILDREN SHOULD CHECK THEIR ELIGIBILITY FOR EITC



Grandparents who work and are also raising grandchildren might benefit from the earned income tax credit. The IRS encourages these grandparents to find out, not guess, if they qualify for this credit. This is important because grandparents who care for children are often not aware that they could claim these children for the EITC.

The EITC is a refundable tax credit. This means that those who qualify and claim the credit could pay less federal tax, pay no tax, or even get a tax refund. Grandparents who are the primary caretakers of their grandchildren should remember these facts about the credit:

- A grandparent who is working and has a grandchild living with them may qualify for the EITC, even if the grandparent is 65 years of age or older.
- Generally, to be a qualified child for EITC purposes, the grandchild must meet the dependency and qualifying child requirements for EITC.
- The rules for grandparents claiming the EITC are the same for parents claiming the EITC.
- Special rules and restrictions apply if the child's parents or other family members also qualify for the EITC.
- There are also special rules for individuals receiving disability benefits and members of the military.
- To qualify for the EITC, the grandparent must have earned income either from a job or self-employment and meet basic rules.
- The IRS recommends using the EITC Assistant, available in English or Spanish, on IRS.gov to determine eligibility and estimate the amount of credit.
- Eligible grandparents must file a tax return, even if they don't owe any tax or aren't required to file.

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Dictionaries for students

Abundant Life Christian School third graders received their dictionaries from The Tewksbury-Wilmington Lodge of Elks #2070 through "The Dictionary Project." Pictured is Mrs. Krause and her students; Amayo, Isabella, Morgan, Collin, Amy, Dylan, Ethan, Blake, Ishad and Joshua; and Mr. See from the Tewksbury-Wilmington Lodge of Elks, <https://www.elks.org/programs/dictionary.cfm>

(Courtesy photo)

News and notes from WCTV

By SHAUN NEVILLE
WCTV Executive Director

It's winter sports season on WCTV and we're kicking off coverage with a LIVE Friday night doubleheader. Tune into Comcast 99/Verizon 39 to see the Wilmington High School girls basketball team at 5:15 p.m. The boys basketball team is set to tip off at 7 p.m. Both games will also stream on our channel and through our app.

WCTV is committed to covering every varsity sport this winter. So you'll also see our cameras at boys and girls hockey games. And we're working to find dates for wrestling, track and the

new swim team!

This week, we started airing our "Captain Interviews." This is a tradition we started last year. We attend picture day and get the captains from each team to give a preview of the upcoming season. Thanks to all the students who went on camera and to Athletic Director Tim Alberts for helping to organize everyone.

Interested in WCTV's coverage of Wildcat sports? Want to help out? We're always looking for camera operators or even play-by-play announcers to join our WildcatTV team. Contact Youth Director Marty McCue at mmc-cue@wctv.org.

And if you're just interested in watching, that's fine, too. You'll find Wilmington sports on WCTV every day and online at wctv.org.

New Programs:

• **Santa Parade:** Watch highlights from stops Santa made last weekend around Wilmington!

• **Festival of Trees:** Thanks to volunteer Jim Buckley for capturing this year's festival put on by We're One Wilmington.

• **Wildcat sports preview:** Hear from team captains on how the winter season is shaping up.

• **Board of Selectmen:** The big discussion was on a traffic improvement plan at the

Lowell Street/Woburn Street intersection.

• **Board of Appeals:** The board formally heard details on the proposed detox center for the first time on Wednesday.

• **School Committee:** Watch Wednesday's meeting.

Check out WCTV.org for more information on when programs will be televised and how you can get involved at your community television station. Membership is free and there's no time commitment. Produce a show, help in studio or cover a community event that you care about! We're here to make the process as simple as possible.

History:

Sam crossed the brook in two jumps

By CAPT. LARZ NEILSON

About 115 years ago, a gentleman by the name of Sam Rice lived in the house at the corner of Middlesex Avenue and Clark Street. He was a carpenter, and a good one, and he lived a good and full life.

Sam seems to have run for public office only once, and then for the post of constable. He was resoundingly elected, getting around 125 votes, while his two opponents got one vote each.

This was shortly after the Spanish-American War. The writer has been unable to find any record which would indicate that Sam was constable of Wilmington in the period indicated in these two yarns, which was perhaps just before World War I, or possibly during that war.

The two yarns about Sam are worthy of relating, even if there is a possibility that they are not true, or that some person other than Sam was involved.

Sam became the constable of Wilmington, and as such was also unofficially the Chief of Police. There was no such appointment, but there were those who called him "Chief," and he did perform police duties.

This was back in the days after Dr. Mrs. Hiller had died (1900), but before Mason Alexander built the garage (c.1915) on Main

Rotary Park in Wilmington has a new ice rink

By LARZ F. NEILSON

Wilmington has long had a tradition of ice skating. The Wilmington Skating Club helped a generation grow up knowing that they could be champions.

The club skated on natural ice on a rink behind the old South School. In 1963, Wilmington hosted the Northeast Regional Speed

Skating Championships. Races were held at the Skating Club rink, Silver Lake and at Rotary Park.

Now there is a new rink in town, at Rotary Park. It is a 100 by 52 foot enclosure opposite the police/fire station. As of this writing, the ice isn't quite ready, but by the time you read this, it probably will be. Like all natural ice, it depends on

sub-freezing temperatures. The rink is open daily from 8 a.m. to 9 p.m. A light on a nearby pole will serve a dual function, illuminating the rink and signaling that it is open.

There is also a sign indicating whether the rink is open or not.

The rink is for open public skating. Hockey is not allowed, and there is no

roughhousing or horseplay. A sign has been posted with regulations.

Rotary Park was developed by the Wilmington Rotary Club on the site of a cranberry bog once owned by Dr. France Hiller. The accompanying story, "Sam Rice..." has some amusing background on it becoming a skating pond, more than 100 years ago.

go. At night it was kept by the old roundhouse, behind what is now Wilmington Builders.

One night, some of the boys stole Dolph's hand car and put it on the street car tracks. The headed down Main Street toward Tewksbury. Somebody saw them and called Sam, who called the constable in Tewksbury.

The boys pumped away, and as they approached Tewksbury Center, they could see, on the tracks ahead, several railroad ties. There would be no further progress in that direction, and a couple of men were waiting for them.

So the boys reversed direction, and started back to Wilmington. When they got to the crest of the small hill by Clark Street, they could see down near the brook ahead of them, some tires on the tracks. Sam was waiting for them, and again, there was no further they could go.

So the boys put on their best effort, and got that hand-pumper going just as fast as they could. Just before it hit that pile of ties, they jumped off.

They ran down the street, and when they came to the brook, again they jumped. Sam was right behind them.

The boys successfully crossed the brook in just one on jump, but not Sam. It took him two jumps.

Trees for sale at Wilmington United Methodist Church

Listed below are some of the non-profit programs and agencies that benefit from the WUMC Christmas Tree sales. Food pantries of Wilmington, Burlington and Billerica, Mission of Deeds, Reading, The Walsh Project, Lowell/No. Chelmsford, AIM, Wilmington, Dwelling Place Community table, Woburn, St. Pauls Soup Kitchen, Lowell. Selling Christmas Trees on a rainy Sunday afternoon in December at the WUMC are Maddie, Deanna, Ben and Greg Wright. (photo: BruceHilliard.com)



Rep. Gordon office hours

WILMINGTON — Representative Ken Gordon (D-Bedford) will host the latest of his office hours on Satur-

day, Dec. 15 from 12 p.m. to 1 p.m., at As Good As It Gets Cafe at 35 Lowell St, Wilmington.

Rep. Gordon will be available to answer questions and to listen to concerns and ideas from constituents of

the district.

Rep. Gordon can be reached at his State House office number, (617) 722-2575, and at Kenneth.Gordon@mahouse.gov.

Inclusionary Zoning Bylaw ready for public comments

WILMINGTON — The Department of Planning & Conservation, on behalf of the Wilmington Planning Board, presents a draft Inclusionary Zoning Bylaw for comments prior to submitting it in February for the 2019 annual Town Meeting.

The bylaw requires that multi-family developments of eight units or more have 15 percent of the units as restricted affordable units as defined by the MA Department of Housing and Community Development to count toward the town's 10 percent affordable requirement.

The draft bylaw provides an additional market rate unit for every affordable

unit required to offset costs associated with building affordable units. It also allows for affordable units to be built off-site only in exceptional cases. Additional details are included in the draft, which is posted on the Department of Planning & Conservation page of the town's website: <https://www.wilmingtonma.gov/planning-conservation>

Please email, call or write with comments, questions, or suggestions: Department of Planning & Conservation, Town Hall, 121 Glen Road, Room 6, vgingrich@wilmingtonma.gov 978-658-8238



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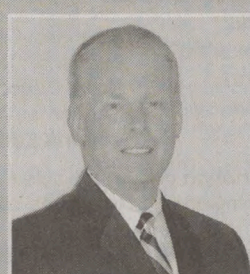
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Letters to the editor

Giving Tree at the 99 Restaurant in Tewksbury

To the editor,
If you would like to help a deserving family with Christmas presents, there is a Giving Tree in the foyer of the 99 Restaurant on Main Street in Tewksbury. Making Christmas merry for children who would not have one, is what the Spirit of the Season is all about! Homelessness, disabling or terminal illness of a supporting parent, loss of income, and severely ill children affect these families, and make it impossible for them to provide gifts this year. We support all the children in the family with gifts of clothing, needed winter jackets and boots, and of course toys!

gift cards, because I would rather see the teens in these families pick out their own clothing or music (ya know how picky they can be!), and that will be a treat in itself for them to have funds to shop with.

The way it works, is you pick a gift tag, purchase and wrap the gift, securely put the tag on it, and return to the 99 by Sunday, Dec. 16.

I do not know who these families are. Their social worker from Community Teamwork assigns them a letter and I only get the info on the child so I can make up the gift tags, and this keeps it all very confidential for the families.

Dianne Mackey

Auditor Bump asks municipalities to report early voting spending

BOSTON — State Auditor Suzanne M. Bump is asking Massachusetts city and town clerks to provide a formal accounting of early voting costs found to be an unfunded mandate related to the 2018 election cycle. Town clerks received a survey from Bump's Division of Local Mandates (DLM) on Dec. 4, and the office asks that responses be submitted by Dec. 18. Bump's office will provide a certification of this spending to the Secretary of the Commonwealth, who will reimburse communities for their expenses.

"Early voting has strengthened elections in Massachusetts. It provided more than half-a-million voters in the Commonwealth with convenience and flexibility when casting their ballots this year, but it came at a price to local government," said Bump. "I encourage clerks to quickly provide a full and accurate accounting of their mandated costs associated with this service so the state government can appropriately reimburse them for their expenses."

Last year, a determination from Bump's office found some parts of the 2014 early voting law were unfunded mandates on local governments. The determination cited the requirements that municipalities establish an early voting polling location that has sufficient staffing and privacy for voters as the factors driving the conclusion. A similar survey of costs related to the 2016 early voting period led the legislature to reim-

burse \$1,063,978.15 to communities for their unfunded, mandated early voting expenses in 2016.

The early voting law requires that municipalities allow any qualified voter during biennial state elections (and other elections taking place at that time) to vote during a 12-day early voting period. The Massachusetts Secretary of the Commonwealth's Office reports that over 584,000 voters cast their ballots during this period in 2018.

Under the Local Mandate Law, cities and towns can petition Bump's office to issue a determination on whether a state law constitutes an unfunded mandate. If Bump's office determines an unfunded mandate exists, the petitioning city or town can use the determination to seek legislative or legal relief from the mandate.

DLM was established in 1980 as part of Proposition 2 1/2, an initiative that limits the abilities of cities and towns to increase property taxes. Under the state's Local Mandate Law, the Legislature and state agencies are prohibited from passing costs along to municipalities to implement state programs. DLM was established to respond to municipal request to determine whether an unfunded mandate has been passed on to local governments, and make a cost determination of the state funding necessary to sustain a mandate. As a result of these efforts, approximately \$343 million in state funding or other remediation has been provided to local communities.

Want your opinion heard?

We LOVE your letters!
Send Letters to the Editor to:
office@yourtowncrier.com.

All submissions must be accompanied by full name, address, and daytime contact information for verification purposes.

Letters must be e-mailed by noon on Monday in order for consideration the same week's edition.

'The end of snow days?' Not so fast

By PAUL J. ANDREWS
andrews@massupt.org
Mass. Ass'n. of School Superintendents
Chairman of the Board of Winchester Hospital

This column will be one of those "clean off the desk" type, with several issues that I have not been able to get into past columns because of current events.

School snow days

While some writers and thinkers are talking about the "end of snow days," one has to dig into the weeds to find the truth in the sense that there will still be snow days until the warming trend moves further alone than it is. The great day for many students and one that gives school superintendents headaches will always be out there for school leaders to make predictions on weather issues, that can go right or wrong.

The big point being made by the writers is that school-based work will be assigned in so called "blizzard bags" or assignments that will need to be worked on over the course of a day(s) school is cancelled, especially for a multi-day storm.

There is no doubt that more and more districts are working out policies and procedures to prepare appropriate work for students

to complete if school is cancelled that will be appropriate and directly connected to the needs of the curriculum and productive, which is so very important. In the winter of 2016-2017, for example, Tom Berger commented that schools around Portland, Oregon lost nine days of school in December and January, enough that between snow days and planned holiday break, students attended school on just 11 days out of 30 weekdays. These "no class days" later were blamed on the poorer showing in reading, writing and mathematics state mandated tests.

With so many parents working themselves today, adding days off to students at lower grades will certainly impact the lives of parents or in some cases grandparents in weather when nobody should be out on the roads. So nothing in life is simple, as they say with the odds being there will be a compromise resolution.

I continue to feel that snow days will come, that schools will be cancelled, and that "blizzard bags of home based school work" will be in the future if not now. Several states near Town Crier land are already using the internet with "hot spots" for assignments on line to handle this issue.

Using the same terms as in the show "Beat the Press" I sent out a "rave" tweet Friday night to give that show on a fabulous anniversary panel. The Friday night WGBH production is a program worth watching. You may find an individual you know on the show, Dan Kennedy of Northeastern University, as a regular panelist.

Just to assist you further on this, Dan was a key reporter with Charlie Ryan, who did so many diligent stories for the *Daily Times Chronicle* in Woburn around the issues of the water contamination tragedies locally.

Crossing the streets is one of my rants for the week, as we still have so many people just walking out in front of you day or night (we know the law gives the pedestrian the right of way) but it is amazing to see people, who do not break a stride and cross the street with their eyes on a book not looking left or right. While sun glare, dusk or dawn bring added driving problems, many pick up that coffee in the A.M. and head across the street like they are the only ones on earth!

Some business alerts
(several from the Morning Pulse)

I wonder how many folks

remember "Sammy Siegal of Metropolitan Life," who visited so many homes in the local area to collect insurance premiums. He was a great guy and many families sat down and talked insurance with him. Well, I found out this past week that those type of folks are becoming extinct as many are looking at positions in other fields; reporting lack of knowledge indicates need for more financial wellness programs; a new study shows 1 in 6 US health care workers are immigrants; every day is a fire drill for cybersecurity teams; Facebook is no longer the best place to work in America; the housing market recession is coming; smartphone apps in China found to collect excessive personal data; care needs to be taken that at this time you are giving to charities, not scammers; national class action lawsuit filed over alleged data breach; Amazon Prime customers bought two billion items on one-day delivery in 2018; Americans increasingly worried about politics hurting US economy and consumer confidence data shows slowing in November.

JUST A NOTE: Thanks for taking time to read this column and feel free to email me at andrews@massupt.org and following me on twitter at #Paulandrewsmass



Rotarians present check to Angel Fund for ALS research

Rotarians Harry Cunningham, President Amy LeMarch and Mike Burns presenting Rich Kennedy, President of the Angel Fund a check from this years Community Ice Bucket. All funds raised were donated to be used for ALS Research.

(Courtesy photo)



Looking for bargains

Town Manager Jeff Hull does some shopping at the Book Store Next Door. Purchase gently used books at bargain prices for the reader on your Christmas gift list. Open Wednesday and Saturday 10 a.m. to 4 p.m. All proceeds benefit the Wilmington Memorial Library.

(Courtesy photo)

Town Crier

Tewksbury - Wilmington

Office located at:

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OBITUARIES

Colin W. Brace

Retired from Uni-First Corporation

Colin Walter Brace, age 63, died peacefully on Saturday morning, Dec. 8, at Lowell General Hospital's Saints Campus, four days short of his 64th birthday.

He was the beloved husband of JoAnn (Apruzzese) Brace, with whom he had celebrated a 31st wedding anniversary this past March 28.

Colin was born in Moncton, New Brunswick Canada, on Dec. 12, 1954, one of two sons of Jean M. (Tait) Brace of Tewksbury and the late Lester R. Brace. After arriving in the U.S. at age two his family settled in Tewksbury, where he became a Naturalized U.S. Citizen.

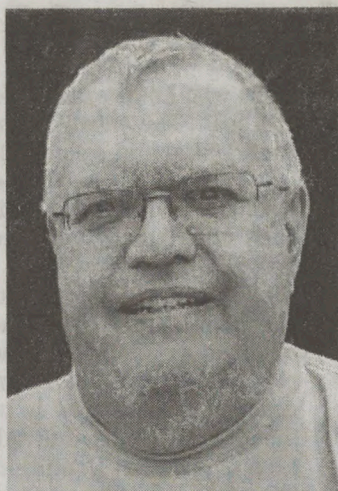
Colin attended Tewksbury Schools, and graduated Tewksbury Memorial High School with the Class of 1972. He went on to earn an Associate's Degree in Liberal Arts from Middlesex Community College.

Illness forced his early re-

tirement from Uni-First Corporation in Wilmington, where he had served as an I.T. Specialist. Colin was a Ham Radio Operator with the lifelong call sign "WA1KWA," and a devoted Professional Baseball fan, choosing the N.Y. Mets as his favorite team.

Besides his beloved wife and mother, he leaves a daughter, Charlotte T. Brace and her partner, Bee Walsh now residing in Manchester, England; a son, Colin L. Brace of Tewksbury; a brother, Gerald L. Brace and his wife Lynne M. (Berthiaume) of Brunswick, ME; a dear friend, John Daughenbaugh of Lowell; and many loving nieces and nephews.

Visiting hours were Wednesday, Dec. 12, from 3 until 6:45 p.m. in the Tewksbury Funeral Home, corner of 1 Dewey and 975 Main Sts. (Rt. 38) TEWKSBURY CENTER, Ph. (800 in MA or 978)



851 2950. His Funeral Service followed at 7 p.m. in the funeral home. A private burial will be in Tewksbury Cemetery.

In lieu of flowers, memorials to the Multiple Sclerosis Foundation, 6520 N. Andrews Ave. Fort Lauderdale, FL 33309-2132 or www.msfocus.org will be appreciated.

visit: tewksburyfuneralhome.com

Victor A. Manni

Took great pride in his home and his yard

Victor A. Manni, age 77, of Wilmington, passed away peacefully at home on Dec. 7, 2018.

Victor was born on April 25, 1941 in Boston, MA; he was the dear son of the late Victor and Giaconda Manni. Victor was raised in a large and loving Italian family in the North End of Boston and attended Boston Schools.

On June 9, 1962, Victor married the "love of his life" Ruth Manning; the couple moved to Wilmington in 1963 where they raised their family. Victor was a very dedicated family man who cherished the time he spent with his children and grandchildren.

Victor took great pride in his home and yard; his yard, gardens and pool were meticulous. Throughout the years, Victor loved having his friends and family over for cookouts and pool parties; everyone always had a great time.

Victor also enjoyed spending time at the family home in Fryeburg, Maine and he loved to travel all over the world with his wife, family and friends.

Prior to retiring, Victor, was employed as a Supervisor for the Columbia Meat Packing Company for many

years. Victor worked hard throughout his career and made many life-long friends within the company.

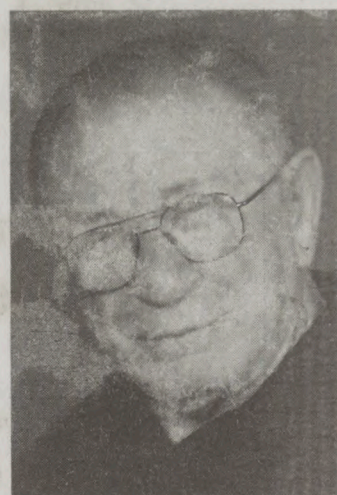
In his spare time, Victor, enjoyed listening to music especially Frank Sinatra and Al Martino; he also enjoyed watching his favorite classic movies.

Victor will be remembered as a "great guy" who loved his family with all his heart and would do anything for them. He will forever be missed by all who knew and loved him.

Victor was the beloved husband of Ruth L. (Manning) Manni, devoted father of Dawn M. (Manni) Grasso & her husband Louis and Michael A. Manni all of Wilmington. Loving "Nonno" of Cassandra & Samantha Grasso and Violet Manni.

Cherished son of the late Victor and Giaconda (Santurri) Manni, dear brother of Roland Manni & wife Joanne of CA, Henry Manni & wife Marie of Saugus, John Manni & wife Sandra of Tewksbury, Rose Rocca & husband John of Billerica, Rita Farrington & husband Hal of Lexington, Mary Naples of Medford, the late Luigi Manni and Clara DeCarlo.

Victor is also survived by many nieces and nephews.



Family and friends gathered at the Nichols Funeral Home, 187 Middlesex Ave. (Rt. 62), Wilmington, on Tuesday, Dec. 11 at 9 a.m. followed by a Mass of Christian Burial in St. Thomas of Villanova Church, 126 Middlesex Ave., Wilmington at 10 a.m. Interment took place in Wildwood Cemetery, Wilmington. Visiting Hours were held at the Funeral Home on Monday, Dec. 10 from 4 - 8 p.m.

In lieu of flowers, donations in Victor's memory may be made to the VNA of Middlesex-East/Sawtelle Family Hospice House, 320 Haverhill St., Reading, MA 01867.

www.nicholsfuneralhome.com

Maureen F. Hughes

Worked for Wilmington Public Schools

Maureen F. (Healy) Hughes, age 86, a longtime Wilmington resident, passed away suddenly on Dec. 3, 2018, at the Care One of Wilmington Nursing Facility.

She was the beloved wife of the late Francis E. Hughes. Born in Quebec City, Quebec, Canada she was one of three daughters of the late Edward John and Ann Josephine (Coady) Healy.

Maureen was raised in Shawinigan Falls, Quebec, Canada, and graduated from Shawinigan Falls High School at the age of 16 and then attended McGill University. Following her marriage, Maureen moved to the United States and became a U.S. Citizen in 1980.

For several years, Maureen worked for the Town of Wilmington Public Schools in the Business Managers Office and retired from PWS Publishing Co. where she worked in the accounting department.

Always active, Maureen also volunteered as a Girl Scout Assistant Troop Leader for Troop 389 in Wilmington.

Mostly devoted to her family, Maureen will fondly be

remembered as a dedicated wife, mother, grandmother, and also for her beautiful singing voice.

In her leisure time she enjoyed her extensive doll collection, working on jigsaw puzzles, crossword puzzles, counted cross stitch, gardening, and playing games with her grandchildren.

Maureen is survived by her devoted children: Shirley-Ann Bradley and her husband John of Andover, Erin Korbak and her husband Bill of Wilmington, Sandra Petrosius and her husband Steven of Goshen, KY. She was the loving grandmother of Robert Bradley and his wife Alyssa, James Bradley and his wife Victoria, Nicholas Petrosius, and Timothy Petrosius and his fiancé Leigha Moore.

Mother-in-law of the late John J. Petrosius. Sister of Mary Patricia (Healy) Sarti and Shirley Ann (Healy) Parent both of Shawinigan Falls, Quebec. She is also survived by many nieces and nephews.

Relatives and friends were respectfully invited to gath-



er at the Dello Russo Family Funeral Home, 374 Main St., WILMINGTON, Saturday, Dec. 8, for visiting hours from 9 a.m. to 11 a.m. followed by a prayer service starting at 11 a.m. Services concluded with burial at Wildwood Cemetery, Wilmington.

It has been requested that in lieu of flowers contributions may be made in Maureen's memory to Rosie's Place, 889 Harrison Ave, Boston, MA 02118. To leave an online message of condolence please visit www.dellorusso.net

Frances G. 'Fran' (Wren) Marden

Worked as a nurse for many years

Frances G. "Fran" (Wren) Marden, age 90, a long-time resident of Wilmington, passed away peacefully on Dec. 4, 2018.

Fran was born on Sept. 1, 1928, in Gardiner, Maine; she was the dear daughter of the late Chester and Esther Wren. Fran grew up in Holbrook and Waldoboro, Maine and was a graduate of Warren High School in Warren, Maine.

Fran went on to continue her education at the Melrose Wakefield Hospital School of Nursing and earned her degree as a Registered Nurse.

Fran moved to Wilmington in 1957 where she raised her two wonderful daughters, Cynthia and Nancy. Fran was a very loving and devoted mother and grandmother; she looked forward to the time she spent with her family.

Fran was an amazing seamstress and very talented crafter; she could whip up beautiful costumes, elegant prom gowns and various crafts for her family and friends.

Fran worked as a Registered Nurse at Dr. Miah Rovner's office in Melrose for many years; she was a wonderful nurse who thought of her patients and their families as her own. Fran had a wonderful personality and she treated everyone with

kindness, compassion, respect but most of all love.

Following her retirement from nursing, Fran went to work as a nanny for two families where she enjoyed helping to raise Emily, David and Adam.

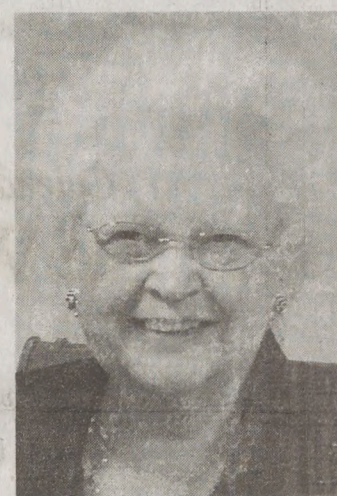
Fran was active in St. Thomas of Villanova Parish in Wilmington for many years where she attended Mass and taught CCD.

Fran was quite a lady; she was kind, smart, helpful and fun to be around. Fran showed her family and friends with unconditional love and she will forever be in their hearts.

Fran was the devoted mother of Cynthia Tanner & her husband Daniel of Texas and Nancy McGrail & her husband William of Stoneham and Meredith, NH. Loving "Grammy" of Justin McGrail of Boston, Mallory Phillips & husband Dominique, Harrison Tanner, Benjamin Tanner and great-grandson Damien Phillips all of Texas.

Cherished daughter of the late Chester and Esther (Green) Wren, dear sister of Donn Wren of Florida, Catherine Bockstruck of Godfrey, IL, the late Merrill, Merle and Carl Wren. Fran is also survived by many nieces and nephews.

Family and friends gathered at the Nichols Funeral



Home, 187 Middlesex Ave. (Rt. 62), Wilmington, on Saturday, Dec. 8 for Visitation from 10 - 11:30 a.m. followed by a Celebration of Life Service at 11:30 a.m.

In lieu of flowers, donations in Frances' memory may be made to the Life Care Center of Merrimack Valley, 80 Boston Rd., North Billerica, MA 01862 or to St. Jude's Children's Research Hospital, 262 Danny Thomas Place, Memphis, TN 38105.

www.nicholsfuneralhome.com
Fran's family would like to send out a heartfelt thank you to the staff at the Life Care Center of Merrimack Valley and the New England Hospice for their loving and compassionate care towards their mom Fran and to their entire family.

Daniel M. Malonson

Loved to ski and ride his dirt bike

Daniel M. Malonson, age 28, a life-long resident of Wilmington, passed away unexpectedly on Dec. 7, 2018.

Daniel was born on Nov. 7, 1990 in Stoneham, MA; he was the cherished son of Michael G. and Lorraine (Slowe) Malonson.

Daniel was raised in Wilmington and graduated from Wilmington High School in 2009. He was an avid athlete who played several sports while growing up but his favorite was playing football for the Wilmington Wildcats.

After graduating, Daniel went to work in the family business as a Mechanic for Business Repairs Unlimited. He specialized in working with heavy equipment a trade he learned from his dad.

Daniel was known to be "adventurous" and a bit of a dare devil; he was an extreme snow skier who chased after black diamond trails. Daniel also loved to be out in the woods or on a trail riding his dirt bike and looked forward to the time

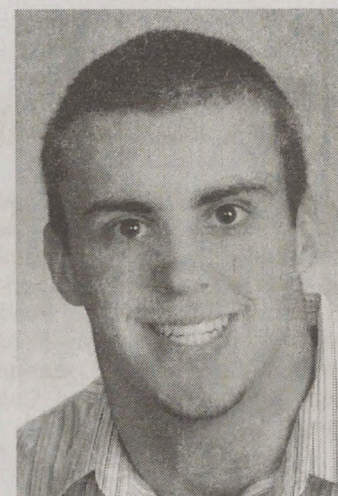
he spent with his family at Lovell Lake in New Hampshire where he enjoyed wake boarding and water skiing.

Daniel was a "great kid" with a quick wit and great sense of humor who loved his family and friends with all his heart; he will forever be loved and deeply missed by all.

Daniel was the cherished son of Lorraine (Slowe) Malonson & her partner Paul Biase and Michael Malonson & his wife Laurie all of Wilmington, beloved brother of Matthew Malonson and Charlie Malonson both of Wilmington, Danielle Piazza, Amy Fennelly, Bryan Fennelly and the late Christopher Fennelly all of Reading, and Dillon and Danielle Biase of Wilmington.

Dear grandson of Joanne & the late Joseph Slowe of Medford and Michael & Rosalie Malonson of Windham, NH. Daniel is also survived by many aunts, uncles, cousins and friends.

Family and friends will gather for Visiting Hours at



the Nichols Funeral Home, 187 Middlesex Ave. (Rt. 62), Wilmington, on Monday, Dec. 17 from 4 - 8 p.m. A Celebration of Life will take place on Tuesday, Dec. 18 at 10 a.m. in the Calvary Christian Church, 47 Grove St., Lynnfield, MA.

In lieu of flowers, donations in Daniel's memory may be made to the Massachusetts Association for Mental Health, 50 Federal St., Boston, MA 02110.

www.nicholsfuneralhome.com

Central Catholic High School honor roll

LAWRENCE — Jeanne Burns, Assistant Principal and Academic Dean at Central Catholic High School, has announced the Academic Honor Roll of Students for the First Quarter of the 2018-2019 school year. The students listed below all reside in Wilmington.

Central Catholic has made some changes in the structure of the Academic Honor Roll, which now consists of two tiers: High Honors and Honors.

• High Honors will be awarded to Central Catholic students with a weighted

Grade Point Average of 4.5 or higher;

• Honors level recognizes students with no grade below a B.

WILMINGTON STUDENTS

High Honors
Senior: Andrew Regan '19
Sophomore: Allison Fischer '21

Honors

Sophomores: Jason Berube '21, Madison Guy '21, Regan '21,

Freshmen: Cameron Marzilli '22, Abigail Regan '22

The structure of the CCHS Honor Roll was updated based on academic enhancements made and the growth in the complexity of offerings in the curricular program at Central Catholic.

As a college preparatory school offering four distinct academic levels of challenge to students based on their achievement and effort, CCHS recognizes and celebrates all students who are achieving academic success in their custom curricular programs.

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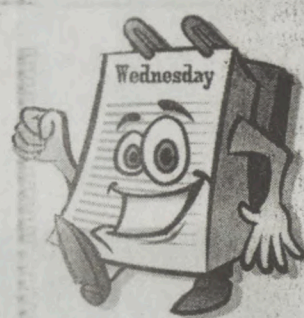
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Community Calendar

send your item to:
Calendar@YourTownCrier.com

Wilmington Calendar:

Come to the Sons of Italy Dinner and Show Dec. 29

Winter Solstice Celebration

Friday, December 21 from 3:00 p.m.-5:00 p.m.
1951 Turnpike Street in North Andover

What causes the winter solstice, and what does it mean for us? Come to Harold Parker State Forest and learn about this most important day of the year to ancient peoples and also to ourselves. Join them for a cup of hot chocolate! They will celebrate the solstice at sunset at exactly 4:15 p.m. and usher out the shortest day of the year. Dress warmly and wear hiking footwear, bring water with you. They will be taking a short hike prior to the solstice sunset ritual. Feel free to bring snowshoes/skis as appropriate. Take Route 114 from the north or south and follow the signs to Harold Parker State Forest. Turn right at the stop sign. Pavilion is on the left.

Sons of Italy

Dinner and Show

Saturday, December 29 at 6:00 p.m.
Elks Lodge, 777 South Street in Tewksbury

The Wilmington Sons of Italy is sponsoring a 5-course Dinner and Show on December 29 at the Elks Lodge in Tewksbury. A cocktail hour will begin at 6:00 p.m. followed by a catered sit-down surf and turf dinner served family style provided by Mr. Jack's of Billerica at 7:00 p.m. The evening will be capped off with entertainment by The Singing Trooper Dan Clark and his wife Mary Colarusso. The dinner is \$50 per person; optional \$10 scratch ticket swap. For tickets, contact Patricia at 617-880-9901 or jromano45@gmail.com

Knights of Columbus

Cribbage

Mondays at 7:00 p.m.
Knights of Columbus
If you will be looking for something to do on Monday nights during the fall and winter, then how about playing some cribbage? The Wilmington Knights of Columbus will host cribbage matches beginning on Monday, September 10 and continuing through the winter into early spring. Play begins at 7:00 p.m. and lasts about two hours. The competition is head to head for five

games against five different opponents. There is a small entry fee and at the end of the night the two top scorers will receive cash prizes. If you are interested, the club is located on Middlesex Ave behind St. Thomas church, and the matches are held in the members lounge which is accessed at the rear of the building. The lounge has a cash bar and we have two large screen TVs so that you can keep an eye on your favorite teams. This is an adult activity and they are looking for players male and female at all skill levels. If you have any questions, please call Bob at 978-851-4985.

Alateen

The first and third Thursday of each month
St Williams Church (middle brick building), 1351 Main Street in Tewksbury
When there is evidence of alcoholism or drug use in a family, you can see the effects on the other family members, especially young people. Alateen meetings provide mutual support for young people affected by someone else's drinking and drug use. Come speak with

teens who know exactly how you feel. The meetings are confidential and a safe place to share experiences, strength, and hope with each other; discuss difficulties; learn effective ways to cope with problems; encourage one another; help each other understand the principles of the Al-Anon program; and learn how to use the Twelve Steps and Alateen's Twelve Traditions. For more information on the Tewksbury meeting, call Maria Ruggiero at 978-851-7373 X352. For more information on Alanon/Alateen, call 508-366-0556 or visit alanon.alateen.org/for-alateen.

Safety seat installation

Every Wednesday from 10:00 a.m.-2:00 p.m.
Public Safety Building, 1 Adelaide Street
The Wilmington Police Department offers safety seat installs at the Wilmington Public Safety Building (1 Adelaide St.) every Wednesday, 10 a.m.-2 p.m. No appointment is necessary, but calling ahead at 978-658-5071 is recommended.

Tewksbury Calendar:

Into the Woods at the Wynn Middle School

Winter Solstice Celebration

Friday, December 21 from 3:00 p.m.-5:00 p.m.
1951 Turnpike Street in North Andover

What causes the winter solstice, and what does it mean for us? Come to Harold Parker State Forest and learn about this most important day of the year to ancient peoples and also to ourselves. Join them for a cup of hot chocolate! They will celebrate the solstice at sunset at exactly 4:15 p.m. and usher out the shortest day of the year. Dress warmly and wear hiking footwear, bring water with you. They will be taking a short hike prior to the solstice sunset ritual. Feel free to bring snowshoes/skis as appropriate. Take Route 114 from the north or south and follow the signs to Harold Parker State Forest. Turn right at the stop sign. Pavilion is on the left.

SilverTones Holly, Jolly Christmas Dance

Friday, December 21, from 7:00 p.m.-10:00 p.m.
Senior Center, 275 Chandler Street

The Tewksbury SilverTones will be holding its Performance #199 on Friday, December 21 at the Senior Center. Called the "Holly, Jolly Christmas Dance", this professional Big Band, under the direction of MaryBeth Foley-Cummings of the locally renowned Foley-Gouveia-Leite family and featuring vocalist BB Braxten will offer music for dancing and listening in its beautifully decorated Hall with its spacious dance floor. Admission is \$10 per person. There will be a prize for each table, a 50/50 raffle, two door prizes of \$10 lottery tickets for those wearing red and green to celebrate the holiday, plus cake, coffee, and tea served. Attendees are urged to bring along their favorite snacks and beverages with free ice available next to a \$1 soda machine. Come along as a single, or with a partner to meet new people and hear good music. The band has been rehearsing over a dozen Holiday tunes in addition to its popular favorites all for ballroom and line dancing. They too, will be wearing their Silver Vests and red neckties for the occasion.

SilverTones

3rd Friday Dance

7:00 p.m.-10:00 p.m. beginning September 21
Tewksbury Senior Center at 275 Chandler Street
The Tewksbury SilverTones have returned from summer hiatus and will be performing for the remainder of the year on its "3rd Friday Dance" schedule. This is the start of its 18th year of entertaining. The 20-piece professional orchestra now led by Mary Beth Foley-Cummings will perform for listening and dancing in all genres of familiar music with the vocals of Barbara Braxten, for singles and couples. The \$10 admission per person will include cake, coffee/tea and free ice. Attendees are encouraged to bring along their favorite beverages and snacks, though there is a \$1 soda machine on site. The door prize will be for 2 free admissions to any future dance. Doors open at 6:30 p.m. Open rehearsals are always free admission, but the SilverTones ask that there be no snacks or beverages. Families are welcome. For more information, contact the manager through the

Senior Center at 978-640-4480.

Alateen

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St Williams Church (middle brick building), 1351 Main Street in Tewksbury
When there is evidence of alcoholism or drug use in a family, you can see the effects on the other family members, especially young people. Alateen meetings provide mutual support for young people affected by someone else's drinking and drug use. Come speak with teens who know exactly how you feel. The meetings are confidential and a safe place to share experiences, strength, and hope with each other; discuss difficulties; learn effective ways to cope with problems; encourage one another; help each other understand the principles of the Al-Anon program; and learn how to use the Twelve Steps and Alateen's Twelve Traditions. For more information on the Tewksbury meeting, call Maria Ruggiero at 978-851-7373 X352. For more information on Alanon/Alateen, call 508-366-0556 or visit alanon.alateen.org/for-alateen.

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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HOW TO PLAY:

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NOIUN7OS

Today's CROSSWORD

ACROSS

- 1 Car import
- 6 Some eclipses
- 11 Uses a crowbar
- 12 Where Venice is
- 13 Only
- 15 Ice cream
- 16 Rock band
- 18 Brillo rival
- 19 Feng —
- 22 Came out on top
- 23 Tattered
- 24 Key's partner
- 26 Willy
- 29 Maxim
- 31 Frat letter
- 32 Hawaii's
- 33 Pump abbr.
- 34 Hot Springs
- 36 Adjust the wheels

DOWN

- 38 Fabric meas.
- 39 Artist
- 41 Running wild
- 42 Pea holder
- 43 Porgy's woman
- 44 Half a dozen
- 47 Discount
- 49 Effective
- 51 Wooden hammer
- 55 Dull and ordinary
- 56 Irritate
- 57 Winter sports gear
- 58 Moved cautiously

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12-13

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anon.alateen.org/for-alateen.

Into the Woods

Friday Dec 14: 7:30-9PM
Wynn Middle School musical — Into the Woods John Wynn Middle School 1 Griffin Way

Saturday Dec 15: 7:30-9PM
Wynn Middle School musical — Into the Woods John Wynn Middle School 1 Griffin Way

fin Way

Sunday Dec 16: 2:00-3:30PM
Wynn Middle School musical — Into the Woods John Wynn Middle School 1 Griffin Way

Winter Concert

Thursday Dec 13: 7:00PM
TMHS Winter Concert—Tewksbury Memorial High School 320 Pleasant Street

Still time to participate in RMLD's 'Calendars for Cans' food drive

READING — Reading Municipal Light Department (RMLD) is currently holding a "Calendars for Cans" Food Drive in conjunction with the distribution of its annual historical calendar. The response has been tremendous so far, and RMLD would like to thank customers who have opted

to make a non-perishable food donation when picking up their historical calendar. For those who would still like to participate, non-perishable food is being collected at the following calendar pickup locations through Dec. 21, 2018 (please check their hours before visiting):

Reading: RMLD Office, Reading Town Hall, Reading Public Library, Pleasant Street Center
North Reading: North Reading Town Hall, Flint Memorial Library, New England Beverage
Wilmington: Wilmington Town Hall, Wilmington Memorial Library, Buzzell Senior Center, Luc-

ci's Supermarket
Lynnfield: Lynnfield Library, Lynnfield Town Hall
Donations will benefit the Reading Food Pantry, the North Reading Food Pantry, the Wilmington Community Fund Food Pantry, and Good Hope Foods of Lynnfield.

Calendars are available while supplies last. Food donations are appreciated but not required to pick up a calendar. For more information and a list of suggested food items, please visit <https://www.rmld.com/home/pages/calendars-cans-food-drive/>.



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Wilmington Town Crier & Tewksbury Town Crier

Lifestyle

As the night gets darker, the lights get BRIGHTER

By HEATHER BURNS
News Correspondent

As daylight savings settles in, and the realization that darkness falls at 4:30 in the afternoon, it's hard to admit to ourselves that we are in for a long, cold winter ahead.

But there is a light, or should I say, a few thousand lights at the end of this dark tunnel we call winter. Well... sure, it is more like the beginning of the tunnel, but nevertheless, the sparkle of holiday lights can brighten your spirit, and lessen the blow of old man winter's long rein.

Many homes and neighborhoods glow with holiday spirit this time of year. In fact, some homeowners display a little too much Christmas cheer. With light displays reminiscent of Clark W. Griswold's "Christmas Vacation" home, thousands of twinkling lights

brighten the dark winter sky. One can't help but have a faint trace of smile come to their face at the sight of such a holiday light display.

A drive through the center of most of our local communities, like Tewksbury, Wilmington, Billerica, Lowell, Reading and more, all have colorful light displays for everyone to enjoy. But if you can't seem to satisfy your need for the warm glow of LED lights in your community, there are plenty of destination light displays that are just a car drive away.

The Illumination Tour at Somerville City Hall host an "over the top" holiday lights display, viewed from a 45 minute trolley ride. Tours start and end at Somerville High School Field House, at 81 Highland Ave. After the tour, you can enjoy hot chocolate and cookies, and shop the arts and crafts or listen to favorite Christmas carols.

Tickets are sold only at Blue Cloud Gallery, 713 Broadway, in Ball Square. All proceeds support the Art Council.

For more information on tour times and prices, visit www.somervilleartscouncil.org.

Zoo Lights at Stone Zoo, 149 Pond St. in Stoneham, is open daily now through Dec. 31. Stroll on the lighted tree lined paths to view thousands of holiday lights among several live animal exhibits. Visit the Black Bears, the Canadian Lynx, Arctic Fox and of course, Santa's favorite, the Reindeer.

New for this holiday season is The Caribbean Coast Exhibit. Stop by Santa's Castle and warm yourself by the fire while you enjoy a toasted s'more.

For ticket prices visit www.zoonewengland.org.

The Christmas Festival of Lights at the National Shrine of Our Lady of La



Faneuil Hall 85' tree with musically timed light show. (Heather Burns photos)



Faneuil Hall lights



Tewksbury common

Salette, 947 Park St. in Attleboro, has a spectacular light display daily 5 to 9 until Jan. 6. Drive through over 10 acres of more than 300,000 lights. Also on site, you can visit the creche museum, displaying hundreds of creches from around the world. Admission is free, but donations are welcome.

Gift of Lights at New Hampshire Speedway, 1122 Route 106, N. Loudon, NH has 2.5 miles of over 2 million twinkling lights for you to enjoy. Drive through the tunnel of lights, a 130 foot long in field entrance and exit tunnel that is brightly lit in holiday colors. This holiday light drive features 400 displays, 60 different scenes, and you can enjoy s'mores by fireside and take photos with Santa.

Visit www.nhms.com/events for full schedule and admission prices.

Gardens Aglow at Heritage Museum and Gardens, 67 Grove St. in Sandwich, is a Cape Cod holiday tradition. Walk through the expansive garden paths that are aglow with beautiful holiday lights displays. After viewing the outdoor lights, visit the museum and gallery, where you will find an extensive display of indoor holiday decor.

Visit Santa in a 1913 Model T Ford in the Antique Car Museum, and view the model train exhibit in the Special Exhibition Gallery. The American Art Gallery has original lithographs of Currier and Ives Winter Scenes from the Heritage Collection, and every Saturday, now through Dec. 30, you can view demonstrations of ice carvings.

For admission prices and schedule information, visit www.heritagemuseumandgardens.org.

Night Lights: Winter Reimagined at Tower Hill Bo-

tanical Garden, 11 French Drive in Boylston, is open daily from 4 to 9. This inclusive, secular event celebrates winter, light and nature. Walk among thousands of lights and explore patterns in nature at this inspiring display. Tower Hill Garden also offers a daytime event called Day Lights. Visit www.towerhillbg.org for event times and admission prices.

The City of Boston also hosts several holiday light displays for the public to enjoy.

At the Boston Common Lights, you can stroll the common and public garden among thousands of holiday lights, and view the beautiful, 46 foot White Spruce all aglow. Skating is also open to the public on Frog Pond in the Public Garden.

Faneuil Hall Marketplace is sure to put you in a festive mood. The more than 350,000 lights that decorate the 85 foot Douglas Fir are musically timed to a seven minute light show that is on a 30 minute loop starting at 4:30 p.m. daily. You

can also enjoy shopping, street shows, and great food from the extensive food court or one of the many restaurants and bars located in Faneuil Hall.

Winter Lights on the Greenway can brighten your rush hour commute every night now through March. During the darkest time of the year, the Greenway Parkway glows with thousands of lights from Chinatown to the North End.

The Prudential Center is celebrating their 10th anniversary of 31 Nights of Lights. For the entire month of December, the top of the Prudential Tower turns on a different color light every day to raise awareness for different nonprofit organizations. Each night gets its own music and special speakers.

For a list of organizations and their represented day, visit www.prudentialcenter.com.

So, take solace in the beauty of the holiday season and let the twinkling holiday lights brighten your winter and your spirits!

Plan to recycle your Christmas Tree

By PAIGE IMPINK
News Correspondent
paige@yourtowncrier.com

Hopefully you are watering your Christmas tree and keeping it away from any sources of drying. The appeal of a live tree is understandable, but take care to keep it hydrated and be sure it is not near anything that could set it on fire. Trees need a fresh cut at the bottom so they can drink up the water so be sure the bottom is submerged in your stand.

The National Christmas Tree Association recommends one quart of water in the stand for every inch of trunk diameter. Even though the holiday season won't be over for a few weeks, you can plan now for how to handle your tree in an eco-friendly way.

The Towns of Tewksbury and Wilmington offer curbside tree pickup in January as a way to dispose of live Christmas trees. There is no need to put the tree in a plastic bag, as it just becomes more waste that has to be disposed of. Trees are often

chipped for mulch so please be sure your tree is free of ornaments and tinsel before taking it to the curb. Oh, and remove the stand.

Alternatively, if you have the room, leave the tree in your yard to act as a shelter for birds. It is good for the environment and good for ecology. Peanut butter spread on rice cakes, cranberries strung on dental floss or popcorn garlands provide food for the birds and are a tremendous project for kids during the winter break.

Evergreen branches can be cut off and used for decorations all winter season. Boughs make dramatic statements upright in containers, or can be laid on dormant planting beds as an additional layer of mulch. As the branches dry out, they can be crunched up or mulched to be added to your compost.

It is not recommended to burn pine trees in your fireplace though, as the wood is still too green and may give you more smoke than flame.

According to the National Christmas Tree Association, recycled Christmas trees



have been used for animal enrichment at zoos around the country, providing stimulation as an item of interest. Animals claim a tree as their own and sniff and explore a tree left in their habitat sometimes with a safe, fun toy tucked in the branches. Trees have also been submerged in creeks to form Coho salmon habitats, protecting spawning fish from predators.

In Tennessee, mulched

Christmas trees are used to line jogging and hiking paths. They are preferred because they provide a soft bed underfoot and don't contain the seeds of any invasive species.

Of course, a nice option for a real tree is also to purchase a live tree with a root ball, then plant it after the holidays have passed. While it is not recommended to have the live tree indoors for longer than a week, the



(Paige Impink photos)

years and years of enjoyment you will have after the fact will more than compensate. A tree with a root ball, or a container tree, will achieve all the ends and provide a wind screen, some shade and enhance your

yard, all while adding oxygen to the environment and giving small animals and birds shelter.

Whichever route you choose, please do recycle your tree responsibly and move it on to another useful life.



Tewksbury Police Log

Male arrested, charged with larceny under \$1,200

Monday, December 3

12:03 a.m. - Police out at Ocean State Job Lot with a motor vehicle showing that it was stolen. Edward Frasca, 32, of 19 Phillip Ave. in Burlington, was arrested and charged with receiving stolen motor vehicle.

4:25 a.m. - A 911 caller reported a suspicious driving around the Merrimack Meadows Lane listed neighborhood. Police sent and everything checked out OK.

11 a.m. - Police responded to the Ryan School to speak with the assistant principal regarding medication missing from the nurse's office. Police filed a report.

5:22 p.m. - A 911 caller reported another driver threw things out of the window of the vehicle while driving at Pleasant Street. Police sent and spoke to the party. All set.

8:03 p.m. - Caller reported a shoplifter at Walmart. Michelle Napolitano, 33, of 45 Andover Road in Billerica, was arrested and charged with shoplifting by concealing.

Tuesday, December 4

6:58 a.m. - A 911 caller reported unruly customers at Cumberland Farms. Police sent and filed a report.

9:34 a.m. - The caller's neighbor's dog got loose at County Road. When she took the dog back, the door was open and no one was home. Police sent. The house checked out fine; they were able to secure the door.

12:27 p.m. - Police out at Whipple Road with a motor vehicle. Damen Everett, 46, of 199 Hildreth St. in Lowell, was arrested and charged with operating motor vehicle with license suspended and speeding in violation of

special regulation.

4:38 p.m. - A suspicious party carried a package and ran from the house at Hill Street. The party left the area in a white Camry. Police sent and spoke with the residence, who believed it may have been one of the other residents.

Wednesday, December 5

12:55 a.m. - Police stopped a motor vehicle at Cumberland Farms at the bridge. Michael Hogan, 44, of 240 Albany St. in Cambridge, was arrested and charged with operating motor vehicle with license suspended, number plate violation to conceal identification, and unregistered motor vehicle.

Thursday, December 6

1:54 a.m. - Police out with a motor vehicle at Heritage Plumbing Supply. The party has removed the car keys

from the vehicle and was bringing them back to the station. The vehicle was unlocked and the windows were down. Officer filed a report.

2:14 a.m. - Police out at Livingston Street Park with an unoccupied motor vehicle. Everything checked out with the vehicle.

10:55 a.m. - Four kids knocked over a mailbox at Prospect Hill Drive. The males were described to be ages 10 to 15, two wearing white hoods, two wearing dark hoodies and all carrying backpacks. Police sent and located damage but were unable to locate the parties involved.

8:27 p.m. - Loss Prevention reported a shoplifter walked out the door at Walmart with a television in hand. Police sent. Juan Mercado, 27, of 177 East Merrimack St. in Lowell, was arrested and charged

with larceny under \$1,200.

Friday, December 7

5:44 a.m. - A 911 caller at Darby Street reported her burglar alarm was going off. Police sent. Officers did a walk through the home; nothing seemed out of place.

12:34 p.m. - Employee at Lowell Five Savings reported female party was refusing to leave. There was an ongoing issue with the female and the bank has since refused to do any business with her. Female was sitting in her car. Police sent and the female was spoken to. She left the property and the police filed a report.

1:59 p.m. - Daughter of one of Tewksbury Transit's employees states there were three parties in her yard at Marshall Street rummaging through the camper. Two males and one female were still in the yard. Police sent. It was a misunderstanding. The parties in the yard were family members/authorized to be there.

2:45 p.m. - The caller was inside the T-Mobil store when she witnessed something suspicious. Detective

was sent to investigation and filed a report.

Saturday, December 8

8:38 a.m. - A party came into the station wanting to speak to an officer about someone breaking into his home at Hood Road. The party believed he knows who it may be. Officer filed a report.

5:54 p.m. - Caller reported suspicious male in the area of Mount Joy. Police sent to check the area, but was unable to locate.

8:45 p.m. - Malicious damage occurred to the caller's vehicle at Circle K. Police sent. Officer spoke with the party. Clerk at the Mobil would contact the police with footage. Police filed a report.

9:06 p.m. - Caller reported ongoing neighbors dispute at Old Boston Road. Officer cleared the area and was spoken to.

Sunday, December 9

12:01 p.m. - Caller reported a hypodermic needle on the road at Rogers Road. Police sent to retrieve it. Two items were found and would be returned to the station.



Wilmington Police Log

Male arrested for trafficking fentanyl

Monday, December 3:

4:55 a.m.: Thomas LaFrance, 27, of 10 Leroy St. in Fitchburg was arrested for trafficking more than ten grams of fentanyl. He was also charged with driving while his license was suspended.

8:04 a.m.: The donation box behind the North Intermediate School was damaged over the weekend.

6:08 p.m.: A Honda CR-V got in a collision with a BMW X3 while pulling out onto Main Street.

8:18 p.m.: An Acura RSX struck a tree and a pole on

Fordham Road. The driver was injured.

8:25 p.m.: A driver was cited for failure to use caution while turning left after a collision by Cumberland Farms on Main Street involving a Toyota Sequoia and a Kia Sport. No injuries were reported.

Tuesday, December 4:

9:37 a.m.: A motor vehicle collision occurred on Main Street involving an Infiniti Q50 and a Toyota Camry. The damage was very minor. No one was injured and the airbags were not deployed.

1:51 p.m.: Police notified Verizon of a wire down on Beverly Avenue after receiving reports from residents.

7:17 p.m.: A Chevrolet Impala got wedged on a rock at the intersection of Main Street and Eames Street. No one was injured. AAA was able to move the vehicle; the rock was also moved several feet to avoid the problem in the future.

Wednesday, December 5:

9:33 a.m.: A motor vehicle collision involving a Honda Accord and a Mercury Grand Marquis occurred at the intersection of Church

Street and Thurston Avenue. No injuries were reported.

1:18 p.m.: A BMW 540i and a Chevrolet Malibu were involved in a collision in a parking lot on Lowell St. AAA was called to tow an unregistered motor vehicle afterward and the driver of the unregistered vehicle was cited.

Thursday, December 6:

3:20 p.m.: The driver of a Honda Accord was cited for failure to yield after a collision with a Toyota Sienna at the intersection of Lowell Street and West Street.

5:17 p.m.: A minor motor vehicle collision occurred at Target on Ballardvale Street involving a Toyota Scion and an Audi S5.

Friday, December 7:

8:15 a.m.: Two Ford F-150s bumped mirrors on Forest Street. One of the vehicles also had its driver's side window smashed.

11:51 a.m.: Two people were transported to Lawrence General Hospital after a collision on Salem Street involving a Kia Soul and a Toyota Camry.

12:36 p.m.: A wire on Jewel Drive was sectioned off with caution tape after a truck hit it, causing it to hang low over the road.

3:34 p.m.: A minor motor vehicle collision involving a Dodge Caravan and a Toyota Camry occurred on Middlesex Avenue. Police found no visible damage.

4:41 p.m.: Police issued a citation for a red light violation after a collision on Main Street involving a Mitsubishi Mirage and a Freightliner Columbia.

9:54 p.m.: A Lexus RX and

two Toyota Camrys were involved in a collision in the high speed lane of I-93. No injuries were reported.

Saturday, December 8:

7:12 a.m.: A motor vehicle collision involving a Ford Super Duty and a Nissan van occurred at CVS on Main Street. The Nissan remained in the parking lot with the permission of CVS.

9:57 a.m.: A Hyundai Sonata backed into a parked Subaru Forester in the Market Basket parking lot on Main Street. The owner of the Sonata had to be found and notified as he was unaware of the incident. The collision caused minor damage to the vehicles' bumpers.

6:48 p.m.: A Ford Focus hit a Jeep Grand Cherokee while turning from Faulkner Avenue onto Glen Road. No one was injured.

Sunday, December 9:

6:30 p.m.: A motor vehicle collision occurred on Main Street involving a Toyota Tacoma and a Kia Sorento. Police gave a woman a ride to her job at Kock Membrane after the incident.

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curtain liners, toasters, and toaster ovens, coffee makers, and steak knives and utensils.

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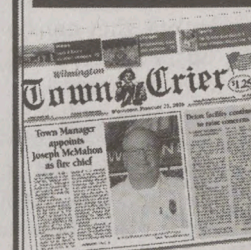
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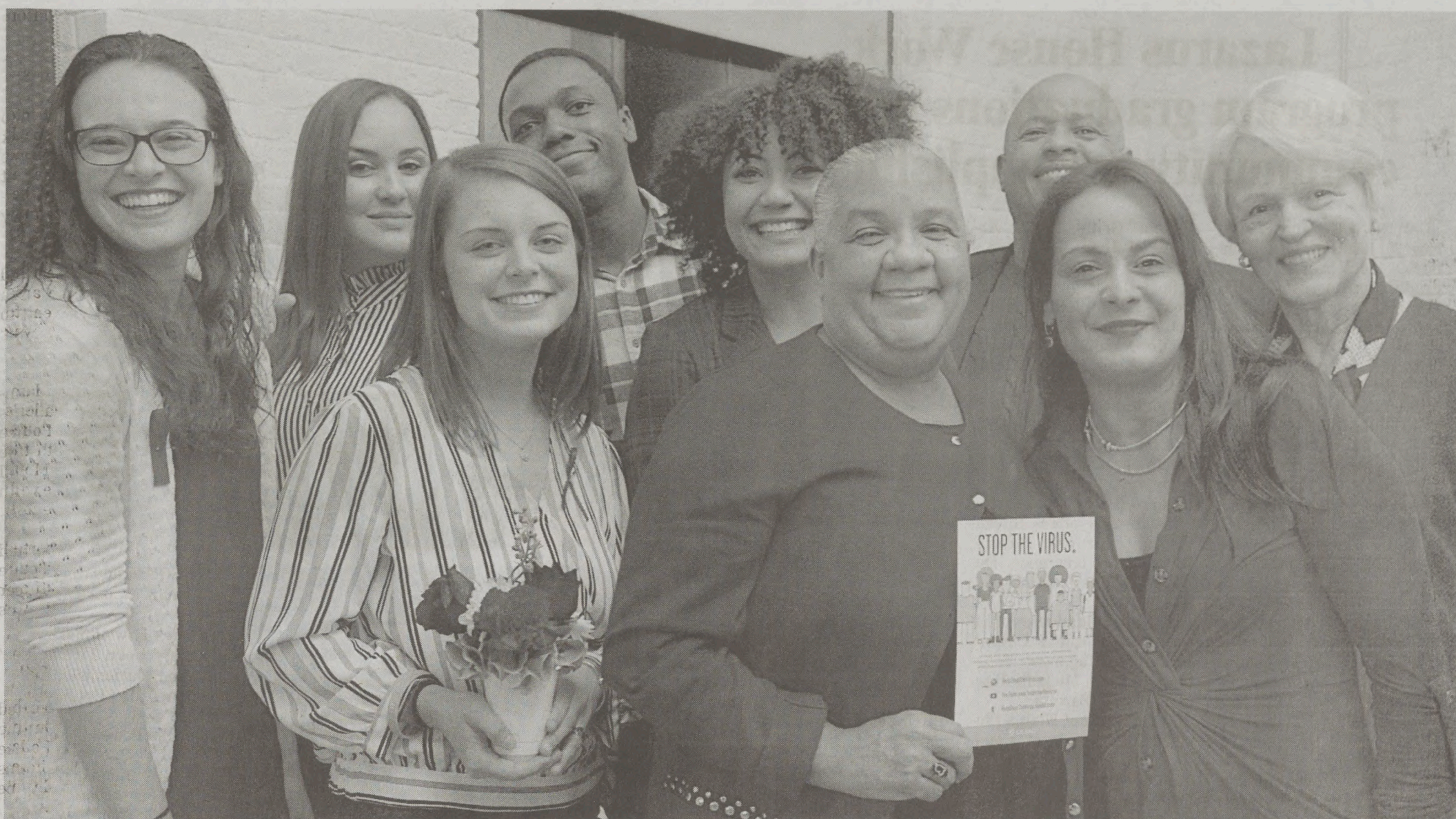
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Lowell Community Health Center observes World Aids Day

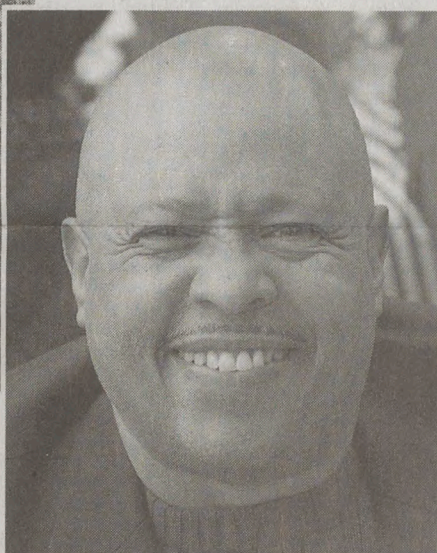


▲ Jason White, Inspirational Speaker; Kepler Jeudy, Master of Ceremonies; and Jennease Hyatt, Keynote Speaker.

► Minister Frank Campos, Spiritual Speaker.

(photos: BruceHilliard.com)

▲ Lowell Community Health Center 161 Jackson St., Lowell. Food, drink, fun, friends, music, awards and performance by Teen Block. This is the 26th year that the City of Lowell is observing World Aids Day. In doing so, the community came together to remember those lost and support those who are LIVING today. This was truly a night to remember. Pictured are committee members ... Meghan O'Connor (left) Ruth Jerez, Kepler Jeudy (next to Ruth in the back), Lauren Keisling (left, flowers in hand), Sade Farquhar (short curly hair), Frank Campos (in the back on the right), Sandra Mejia (flyer in hand), Vilmaria Flynn, and Irene Egan (silver hair).



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(3) To cancel the auction at any time for any reason. 12/5&12/12

10 students earn St. John's Prep academic honors

DANVERS — St. John's Prep recently announced the names of students who earned academic honors for the first quarter of the 2018-2019 school year. Students who qualified for the Headmaster's List earned grades of A- or above in all courses; students who qualified for the Principal's List earned grades of B+ or above in all courses; and students who qualified for the Honor Roll

earned grades of B or above in all courses.

The following Tewksbury and Wilmington students were named to the academic honors list for the first quarter 2018-2019:

TEWKSBURY
Headmaster's List
Gideon Daley '21
Thomas Hodgson '19

Honor Roll

Mitchell Hodgson '21
Cameron Paolillo '21
Rodneil Sanon '22

WILMINGTON
Headmaster's List
Alex Flynn '22

Principal's List
Nicholas Ackerman '23
James Callahan '24
Cameron Eich '22

Honor Roll

Vincent Callahan '22

Coalition seeking funds to continue work

ROOTS FROM PAGE 1

of members Gillian Orsburn, Kim Mytych, Jen Mason, and Sarah Ivan.

Although the ROOTS Coalition works independently, they work closely with all agencies. Currently, they are working to form partnerships with several local organizations, for they credit community support as being key to their success.

"Due to the great conversation generated and the clear interest by the community for more resources and prevention efforts, ROOTS Coalition will be seeking more funding to support the need of education on substance misuse in the community," Jen Mason, one of the members of the ROOTS Coalition, said. "We hope that community members will follow us on Facebook, share informa-

tion with their friends, attend our future events, and donate to the cause so we can continue this great work."

To learn more about the ROOTS Coalition, as well as to gain access to resources surrounding drug use and opioid addiction, visit their Facebook page "ROOTS Coalition," their website <https://www.rootscoalition.org/>, or email info@rootscoalition.org.

Trains causing backups on Route 62

TRAIN FROM PAGE 1

lights in town. He argued that a message to trains to continue past the station if an emergency vehicle signaled it was coming down route 62 could prevent the traffic stop issue.

Selectman Jonathan Eaton cited issues within the MBTA as a likely culprit for the inefficiency.

"I think the fact that a meeting had to... happen to

even discuss it, rather than just having a phone call and having them pull a little further through, is just an illustration of some of the organizational problems that face the MBTA," said Eaton, citing their lack of a permanent director and recent issues ranging from a standing derailment to a fire onboard a train.

Eaton added that he'd like to see the town escalate the issue further.

"I really think that we as a community should really be rallying around this to try to accelerate this process," he said.

Bendel added that he would like to see more transparency from MBTA and Keolis as well.

"I'd like to see if (Keolis) would be willing to come here, in front of the citizens, and explain some of the things they explained to us," he said.



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Lazarus House Work program graduations truly a community accomplishment

LAWRENCE — on Friday, Nov. 30, Lazarus House Ministries celebrated three graduating classes: Culinary, Sewing and ESOL. The willing hearts of the Lazarus House Work Prep Staff and dedicated volunteers as well as collaboration from area businesses offering internships make this work preparation program and graduation celebration exceptional and possible. These three programs build confidence, teach usable skills and help launch Lazarus House guests into independence.

CULINARY

Six culinary students, meticulously and patiently trained by CHEF Elaine Chirichiello of Hampstead, NH (Executive Chef at Andover Country Club) and CHEF Bonnie Hyslip of Andover (graduate of the Cambridge School of Culinary Arts), prepared an exquisite meal for 65 people at their own graduation.

From beautifully prepared Chicken Piccata meals to creating made-to-order Bananas Flambé, the students delighted guests with their skills and delicious food. Thanks to The Party Connection, located in Lawrence, and owner Cindy Parnagian of Methuen, for their contribution of Spanikopita for an appetizer and Baklava to round out the dessert offering.

After two months in the training program led by Lazarus House Kae Lefebvre, culinary students graduated with their Serve Safe Diplomas and are ready for the work force. Devoted area businesses partner with Lazarus House to offer 10-week internships for these graduates. Many thanks and much appreciation go out to

Chama Grille North Andover, Tuscan Kitchen Salem, NH, City of Lawrence School Department, Copper Door Salem, NH, Andover Country Club, Mary Immaculate Nursing Center and Sunny Acres Nursing Home in Chelmsford.

Highlighting another Community accomplishment, and on a note of graduates helping graduates by paying it forward, Deyaniri Garcia, Lazarus House Graduating class of 2015 offers internships at her own Bakery, DELISH, in Lawrence. Delish opened its doors May 30, 2018.

Culinary Graduates: Lisette Cruz, Francia Chevalier, Irene Magunga, Jonathan Romero, Michelle Powell and John Zarella

Executive Chef Elaine Chirichiello, of Andover Country Club says: "Being part of the culinary work prep program has helped me achieve a greater sense of personal and professional satisfaction and growth. From each class I walk away with a little more insight into what life is truly about."

Kae Lefebvre, Culinary Teacher, Lazarus House ministries said: "It is a joy to teach students interested in learning the art of cooking and the principles of kitchen safety. My students lift me up every day with their commitment and interest in learning new and delicious menus from our trainers, Elaine and Bonnie, and also from the many local chefs who give of their time to teach our students their signature dish. I have been blessed to teach this class for the past six years, each class is unique and each student is a value to our community."

Bonnie Hyslip: "As a volun-

teer with Project Bethlehem, I was excited to hear about the work preparation culinary program also offered at Lazarus House. The enjoyment of cooking has opened many new doors for me being a new chef myself and I was eager to share my culinary skills with other people who also enjoy cooking. This most recent graduating class was an honor to teach!"

ESOL

ESOL classes run multiple times per year and students are encouraged to attend as many sessions as desired for required proficiency. Sessions begin in September and February and run for 12 weeks, four days per week. Lazarus House offers many different levels of English classes.

It's a big commitment for the students and Lazarus House ESOL teacher Christen Walsh said, "I am blessed over and over again as I witness the desire and dedication each of our students brings to class each day. They recognize this opportunity to learn English as a one that will open doors to higher education, better jobs, and better lives for themselves and their families. And their commitment to push and carry one another upward is simply a lesson in love and generosity of spirit I will never forget."

ESOL Graduates: Alba Cruz-Rosario, Ciria DeLeon, Maria Frias de Mora, July Gonzales, Guarina Guzman, Clara Marroquin, Wederlyn Medina-Ventura, Faviola Moreta, and Isreal Villegas Diaz

SEWING

Four students graduated from the beginners sewing



▲ ESOL Graduating Class Fall 2018 (Courtesy photos)



◀ Back Row: Jonathan Romero, John Zarella, Chef Elaine Chirichiello, Kae Lefebvre, Chef Bonnie Hyslip
Front Row: Irene Magunga, Michelle Powell, Lisette Cruz

start the culinary program), Cindy Parnagian (chef and owner of The Party Connection), Steven Bell (retired chef and restaurant owner), Chef Bonnie Hyslip and Seamstress Bonnie Mahan are all really the backbone of this operation. We could not offer this level of education and job training without their expertise and generous desire to give back to the people in the community."

About Lazarus House Ministries:

Lazarus House helps families and individuals living in poverty regain their dignity and become self-sufficient, contributing members of the community.

They do this by providing emergency shelter, food and clothing to people in crisis and then offering transitional housing, advocacy, support, education and work preparation.

class after eight weeks of classes. Dedicated Volunteer Seamstress Bonnie Mahan led the class. Graduates showed off their skills, techniques and work to Lazarus House staff, volunteers, friends and family as they proudly accepted their diplomas.

Thanks to Ron and Debbie Snyder, volunteers who pick up, repair and refurbish generously donated machines, each graduate was also presented with a sewing machine to continue learning and sewing at home for their own families and practicing for job placement.

Sewing graduates: Wendy

Candelario, Arisleyda Garcia, Paula Guzman, Agustina Morel

Linda Vincent - Work Preparation Program Coordinator - Lazarus House said:

"A true collaboration at its best! Everyone involved in working with our amazing students helps them realize their goals. Lazarus House provides the opportunity, but it takes overcoming obstacles and a commitment to learn for our students. They are such an inspiration to me! The volunteers that take time out of their busy schedules to train and share their talents, like Chef Elaine Chirichiello (who helped



Herb Chambers



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2016 Kia Sportage EX Prem. AWD K2511, Auto., White, 36K miles	\$22,998

THIS WEEK'S

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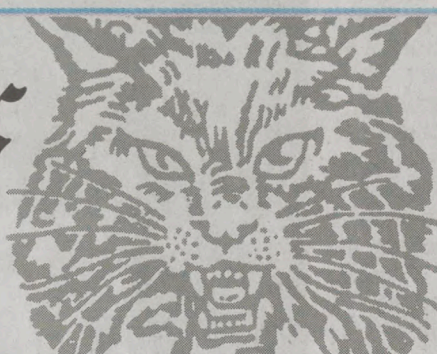
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Wilmington SPORTS

WEDNESDAY, DECEMBER 12, 2018

Hundreds compete in first-ever Winter Solstice 5K road race event

Adamek warming up at the right time

By DAN ZIMMERMAN
Sports Correspondent

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WILMINGTON -- What better way to tune-up for the upcoming high school winter indoor track season than jump into a mid-December road race?

Wilmington native Gregory Adamek not only took the leap and entered the 1st Annual Winter Solstice 5K last Saturday morning, he finished third overall in a loaded field.

On a bitterly cold morning, Adamek covered the 3.1-mile course, described by most as flat and fast, in a blistering 5:30-per-mile pace, crossing the finish line in 17:01. That time marked a new road racing personal best, on a course that Adamek knows like the back of his hand, as he explained.

"I regularly work out on this course," said Adamek, who typically trains 35-miles per week. "And my cross country team also uses it so I'm very familiar with it."

The new event, organized by the Wilmington-based Sole Sisters Running Club, was won by Alex Kramer in 16:08, followed closely by Dan O'Flynn (16:11). Claiming the show position by 5-seconds over the 4th-place finisher David Perloff, was Adamek.

"It was really cold out there today," described Adamek when asked how he felt under conditions that featured a wind-chilled 20-degrees. "There were times

ADAMEK PG SP12W



Greg Adamek, a junior at WHS, who is a three-seasoned runner in cross-country and indoor and outdoor track, was the top finisher from Wilmington, taking third overall during Saturday's Winter Solstice 5K Race.

(photo by Bob DeChiara).



The starting line of Saturday morning's First Winter Solstice 5K Road Race was pretty crowded with almost 400 runners, including Mr. and Mrs. Santa Claus. The front group includes from left, Alex Kramer of Cambridge, who won the race, David Perloff of Chelmsford, Constance Dussault of Chelmsford and Wilmington's Julie Barrett. (photo by Bob DeChiara).

Sole Sisters make it a success

By DAN ZIMMERMAN
Sports Correspondent

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WILMINGTON -- For those wondering about the commotion in the vicinity of the Wilmington High School on Saturday morning, the clamor was made by nearly four hundred hardy runners embarking on a 3.1-mile tour of area roadways.

The inaugural running of the Winter Solstice 5K, which closed out the Wilmington road racing season, went off without a hitch and by the numbers, was a phenomenal spearheaded by Jill Chisholm, the President of the Wilmington-based Sole Sisters Running Club, the race was a huge draw despite prevailing temperatures hovering around twenty degrees.

"We are so proud of our first Winter Solstice 5K," said Chisholm, whose women-only club has reached 320 members in a span of just five short years. "It exceeded all of our expectations. We initially predicted a field of around 250 participants and ended up with 440 registered runners. It's a testament to the hard work of many dedicated volunteers."

Along with the typical age-group awards, Chisholm added prize money for the top-3 male and female finishers. Well-versed in successful road racing features, she knew that cash prizes would draw elite runners and put her event on the map.

First to reach the oft-used finish line opposite the gazebo on the Wilmington Town Common was Alex Kramer, of Cambridge. Kramer, who represents Janji Running Apparel which donates a portion of its proceeds to clean water initiatives, tore up the course in a 5:12-per-mile pace, crossing in a blistering 16:08.

"I found out about this race from my girlfriend's aunt, who is a Sole Sister," said Kramer, who snared a 14:30 for 5000-meters on the track while attending Brandeis University. "I actually ran on this course a number of times while on the North Andover High School cross country team. It's mostly flat with a couple of rollers."

Trailing Kramer by just 3-seconds, in 16:11, was Dan O'Flynn of Ipswich. Rounding out the top-3 males was 16-year-old Wilmington cross country star Gregory Adamek, who finished just 6-seconds shy of his personal best, in 17:01.

Leading the women was Wilmington's Sarah Hjelmstad, who represented her Sole Sisters teammates admirably, finishing 6th-overall in 18:56. Hjelmstad, formerly of Bourne, withstood hard-charging competitors Kaitlin Sheedy (19:21) of Arlington and Wilmington native Simonetta Piergentilli, a longtime fixture in local and national races.

Special guests Mrs. Claus (Constance Dussault) edged Santa Claus, finishing 47th and 48th respectively, but it was suspected Santa was slowed somewhat after sampling some of the cookies and hot cocoa provided by

race sponsor "Slavin' in the Kitchen."

Of the 371 official finishers, 109 hailed from Wilmington. Chisholm was particularly proud of the substantial representation from area running clubs.

"That was one of my favorite parts of today's race," she said. "We had overwhelming support from the Mystic Road Runners, Shamrocks Running Club, the Greater Lowell Road Runners, and the Whirlaway Racing Team. Their presence was very special."

When asked why it took five years for the Sole Sisters, a large club firmly established in the Wilmington-Tewksbury area, to make their mark on the road racing circuit, Chisholm explained that she wanted to ensure its success.

"We've talked about having a race for the past couple of years but we understood it would be a massive undertaking and chose to wait for the right time in our club's growth to put one on," she explained. "Having a great team of volunteers at my disposal certainly helped. My co-director Jen Kennedy was instrumental in the marketing and we received huge praise for our social media promotion. This race was a success because of our hard-working volun-

RACE PG SP12W

Knee injury doesn't stop Hjelmstad

By DAN ZIMMERMAN
Sports Correspondent

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WILMINGTON -- The weather broke brutally cold for the race, the field was loaded with scores of talented distance runners, and she was still in the midst of recovering from a recent knee injury.

And yet, despite those roadblocks, Wilmington's Sarah Hjelmstad pulled off a remarkable win as the first female local finisher in the 1st-Annual Winter Solstice 5K, organized by the Wilmington-based Sole Sisters Running Club.

HJELMSTAD PG12W



Sarah Hjelmstad was the top female finisher from Wilmington, taking sixth place overall during the first-ever Winter Solstice 5K Road Race held on Saturday morning. (photo by Bob DeChiara)

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2018-'19 Season Preview

Low numbers won't deter wrestlers from striving this season

By MIKE IPPOLITO
Sports Correspondent

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WILMINGTON-- The Wilmington High Wrestling team enters this season looking to build on the success of last season's eight win season, where the Wildcats went 8-10 overall with a shorthanded roster which forced them to forfeit several weight classes in each of their matches.

The Wildcats will find themselves in familiar territory in that regard this season, with just 16 wrestlers on the roster as they head into their tough Middlesex League schedule.

Joel McKenna, who enters his sixth season as head coach of the Wildcats knows it isn't going to do much good to complain about his lack of roster size, so instead he is focused on working with the wrestlers he does have. Although, truth be told, one could hardly blame him if he did complain, considering the injury bug has already hit his team before the season has even begun.

"It is a similar issue as last year, and it is just going to have to be something that we deal with," McKenna said. "We had 20 kids sign up, but we had a couple of kids get injured late in the fall season so we lost some kids. We will be able to fill in a lot of spots, but we will be giving up some weight classes. If a couple of injuries hadn't happened, things could be a little different, but we will just have to deal with it."

McKenna will be looking for his small but determined squad to wrestle to their greatest potential this season, and with eight wrestlers returning to the starting lineup from last year's squad, including two who placed in the top four of the Division 3 North Sectional Tournament there is certainly reason for optimism.

"We are pretty excited about what we bring back," McKenna said. "We bring back some kids with experience so that should help us. We just talked to the kids about it today, that we would love to get some other kids

to join, but the kids we have returning have a lot of potential."

"We are in kind of a unique situation where we have some youth and a lot of room to grow, but we also have some experience."

One of the experienced wrestlers McKenna will be counting on most will be junior captain Jacob Bernard at 113 pounds. Bernard is coming off a pair of 20 win seasons to start his high school career, and McKenna thinks he can be even better this season.

"He is a junior at a lighter weight class where a lot of times there are younger kids," McKenna said. "He was selected as captain because he has a great attitude and that shows with him moving down a weight class. He was all set to wrestle at 120 pounds, but he said he would do whatever is best for the team so he dropped down to 113."

Sophomore Shane Penney, who was third at the Division 3 North sectionals last season at 106 pounds will slide into the 120 pounds slot and McKenna feels he is ready for the big step up in weight class.

"He is going to have to go through an adjustment period, but he still brings all of his talents to the new weight class," McKenna said. "When he gets on top of someone he is an elite wrestler. He placed in sectionals last season and he is looking for a state place finish this season."

Sophomore Joe Ganley, who finished fourth in the sectionals last season at 120, will wrestle at 126 pounds, and with his off season commitment McKenna expects him to be even better this season.

"Joe brings some state tournament experience with him, and he is another kid who got over 20 wins last season as a freshman," McKenna said. "He has some room to grow and I think he can have a very good season for us. He is a very coachable kid and he is only going to get better."

Senior Alex Stearns will be back for his third season with the Wildcats and will compete at 132 pounds,

while sophomore Nick Doyle is a newcomer to the team at 138 pounds.

"Alex has lived in the gym for the past year," McKenna said. "He did a lot of lifting to get himself stronger and with three years experience he is a better wrestler as well. And he is a great teammate. He is always trying to lead the kids in the room. I am very optimistic about his chances this season."

"Nick has only been wrestling a couple of weeks, but he has a great attitude and is doing well. He is a kid who wants to learn and could end up doing very well for us."

Junior Ryan Martin brings some experience to the lineup at 145 pounds, while sophomore Dylan Clerico joins the team for the first time at 152 pounds.

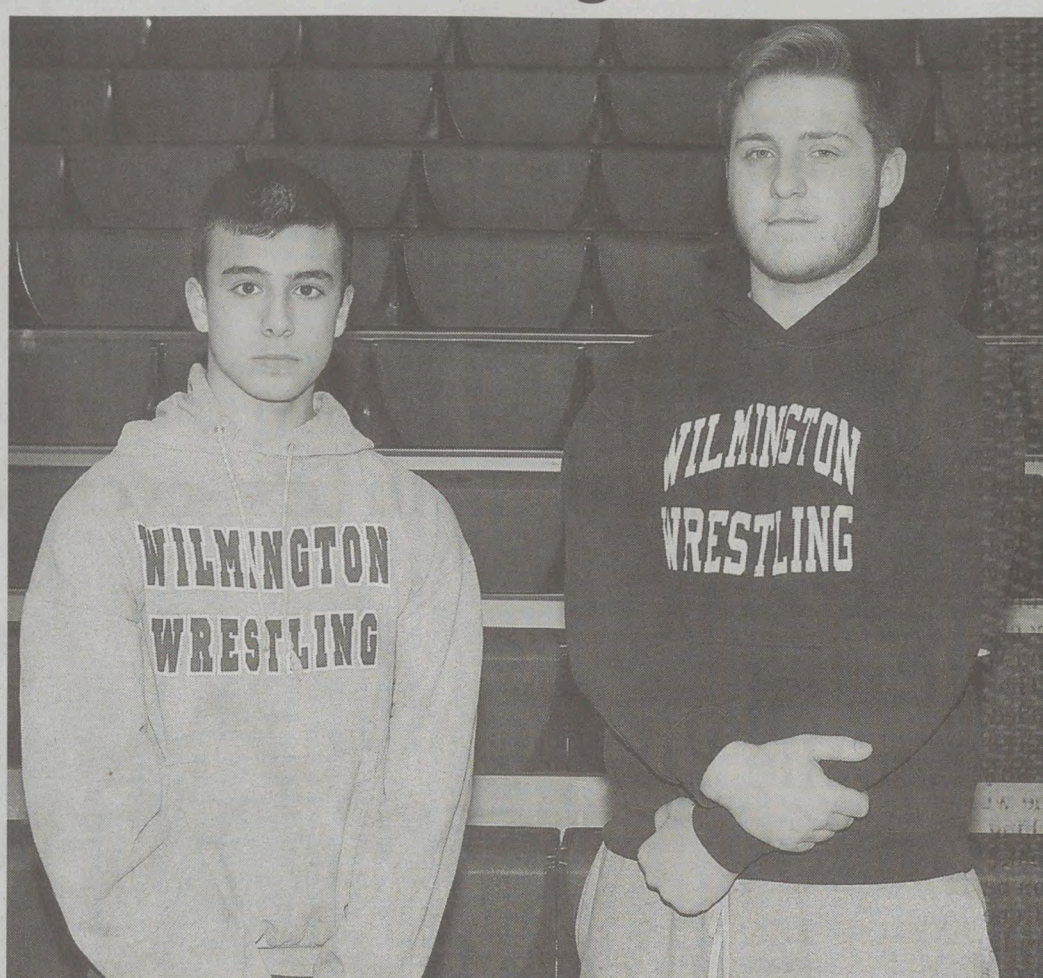
"Ryan was a spot starter for us last year and he won a few dual meet matches for us and he wants to be a full time contributor for us this season. He is a competitive kid with a great attitude," McKenna said. "Dylan has a good martial arts background, so he has a great sense of how to use his body and knows a lot of the principles we use with wrestling. We are excited to work with him."

Sophomore transfer student Stephen Smolinsky will join the Wildcats at 160 pounds after starting for Malden Catholic last season at 170 pounds.

"We expect him to have a big year at 160 for us," McKenna said. "He got some valuable experience last year at 170 for Malden Catholic. He is a very intelligent kid and was a youth state runner up a few years back, so he is also a very talented kid."

The Wildcats are currently without a wrestler at 170 and 182 pounds (as well as 106 pounds), but at 195, senior captain Nick Kullman will be looking to lead the team on and off the mat.

"He is coming off a very good football season and he is a very coachable young man," McKenna said. "He has learned a lot the past couple of years. He has a great work ethic and he always puts together a great



The WHS Wrestling team will be led by its co-captains, Jacob Bernard, left, and Ryan Murphy. (photo by Jim Vaiknoras)

game plan for himself. He is a pretty smart young man and his goal is to place at sectionals this season."

Senior Dean Nally is one of the wrestlers that was injured prior to the start of the season, sustaining an injury during the Thanksgiving Day football game, costing him a spot at 220 pounds for the Wildcats, but McKenna says that Nally is still contributing to the team even while injured.

"He still shows up at practice and is there trying to encourage the other kids," McKenna said. "He is an awesome young man and we are hoping he can join us at some point this season."

Ryan Murphy will instead fill the role at 220 pounds, bouncing between their and heavyweight, where he was originally set to wrestle.

"Ryan is a very smart young man and he is very coachable," McKenna said. "He came out for the team for the first time last season and did a good job for us. He is highly motivated this season to have a great year."

With a mix of youth and

experience, McKenna is hoping to see his team improve as the season goes on, hopefully peaking at end of the regular season as post season tournaments approach.

"It is always our goal to be peaking at the right time," McKenna said. Of course we want to try and win every match, but at the same time we will be learning a lot to make sure everybody peaks at the right time. We want the kids to be able to wrestle at the state tournament. We want to be successful early in the season, but mostly we want the kids to achieve their goals at the end of the season."

SEASON OPENER

The Wildcats kicked off their season this past Saturday with a quad meet against Hopkinton, Whittier and Lynnfield/North Reading. While the Wildcats went 0-3 on the day, McKenna saw plenty of reason to be encouraged, especially considering the disadvantage his team was facing.

"Each time we went out

there, we were giving up 24-30 points in forfeits," McKenna said. "The kids wrestled really well and if you take away those 30 points and even assume we win just half of those matches, all of a sudden we are in some very tight matches."

Murphy got his season off to a great start for the Wildcats, going 3-0 on the day, while Bernard also posted a 3-0 day. The Wildcats also had several wrestlers go -1 on the day, with Penney, Ganley, Smolinsky and Kullman all winning two out of three matches.

"It was really great to see the way the kids were cheering each other on and supporting each other," McKenna said. "As a coaching staff we had talked to the kid about whatever they do, doing it with pride. We want them to learn to represent Wilmington High and represent themselves with pride, and we really felt like they listened to us with the way they wrestled and with the way they supported each other."

WHS Girls Hockey Team Preview

'Cats need to replenish offense as program continues to improve

By JAMIE POTE
Sports Editor

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WILMINGTON - At this time last year, the Wilmington High School girls' hockey team was about to begin the 2017-'18 season under its fourth head coach in seven years. The program has won just ten games in the previous three seasons, had lost its leading scorer Olivia Wingate (20 of the team's 48 goals), so no one really knew what to expect out of the Wildcats.

In the early goings of the season, the team played very well, including some memorable performances against Reading and Winchester, and had additional tough battles with other league foes. As the season went on, the Wildcats were able to sneak in a few victories and finished the season at 5-13-2 overall.

While the win total was just one better than the year before, the improvement up and down the roster was clearly evident. Both Jill Miele and Lia Kourkoutas had one goal the previous season and finished with 12 and 7, respectively, as well as combining for 40 points. Miele was named a Middlesex League and Lowell Sun All-Star.

The year before, Wilmington as a team gave up 75 goals and this past year, the 'Cats gave up 56 and scored a total of 38.

Five players graduated and a total of seven players are not returning from last year's team and that group accounted for 18 goals and

10 assists, which leaves second-year head coach John LaPiana wondering who will find the back of the net this year?

"We lost 33 percent of our goal scoring to graduation," he said.

This year's team will have the challenges of scoring and also competing in arguably the best league in the state, but this year's roster is also pretty young with just three seniors, four juniors, five sophomores, two freshmen and two eighth graders.

"Every new player and every returning player will have ample opportunity to compete and earn themselves a regular spot in our rotation," said LaPiana. "It's my goal to get the players to compete at every stride, every shift, every period and every game."

"The Middlesex League is very competitive and we'll need to scratch and claw for every point. If we work hard and play disciplined hockey we can put ourselves in a position to compete."

Wilmington will be led by its two captains, as both Kourkoutas and Jocelyn Palmer have excelled in other sports during the course of this calendar year, with the former in tennis and the latter in lacrosse and soccer, being named a league all-star.

Kourkoutas will head up the forward group along with returning players juniors Payton Fuller and Gina Bertolami, sophomores Antonia Brunetto, Ida Bishop and Zoe DeRose.

Palmer will lead the

defense with senior Molly Foley back. She's also a strong player but missed out all of last year with a knee injury. The two of them will be joined by returners Bridget O'Shea, a junior, as well as sophomores Maria Hernandez and Amanda Mercier and freshman Kiley Flynn.

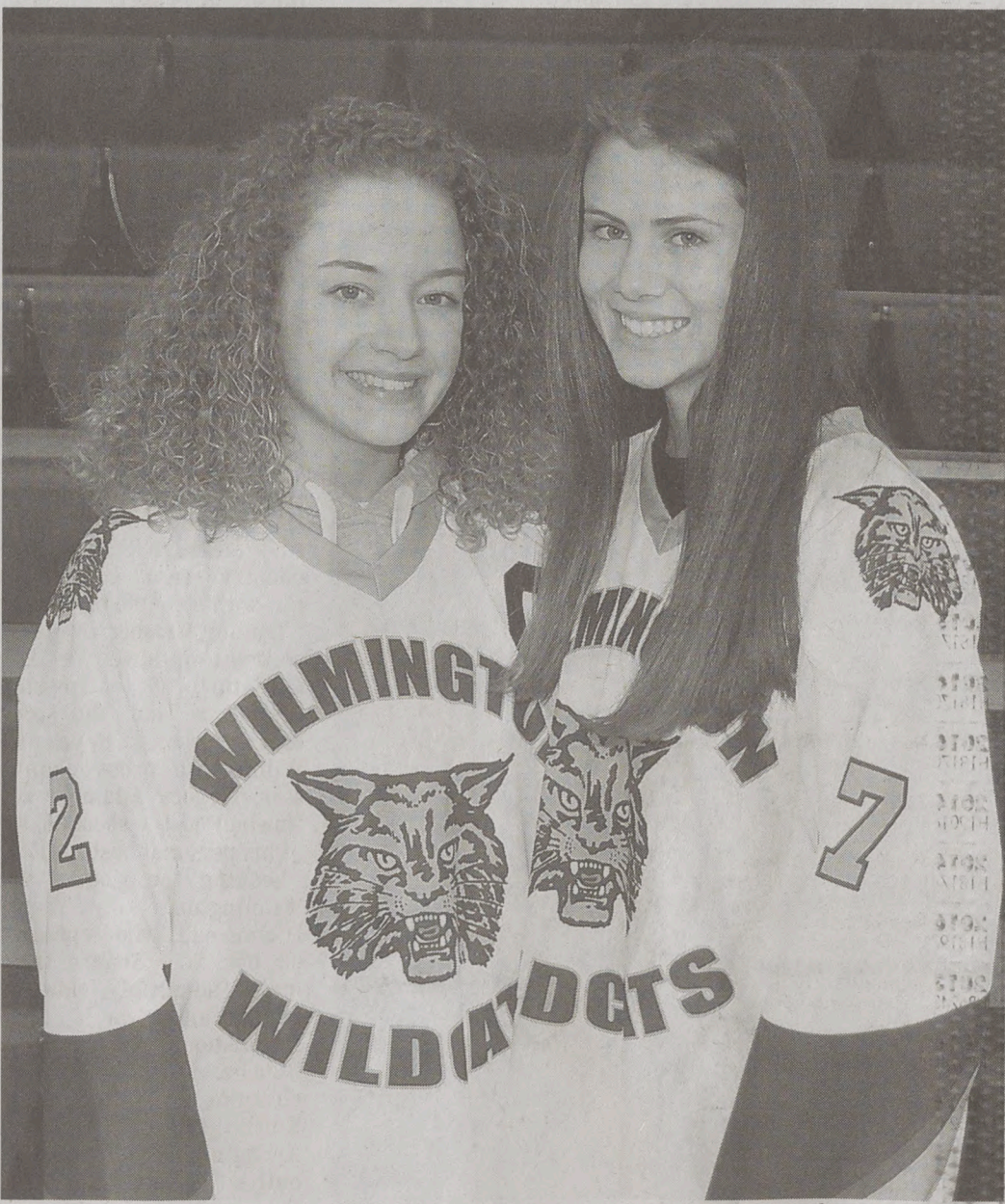
Three newcomers to the team who will add depth to the roster include freshman forward Sofia Brunetto and 8th grade forwards Gabriella Daniels and Katelyn Hally.

Junior Melanie Hayden, who has been nothing short of sensational for the team in each of the past two seasons, is back between the pipes. Last year she had an .891 save percentage and a 3.67 GAA.

Wilmington will of course compete in the Middlesex League Freedom Division along with Melrose, Stoneham, Wakefield, Burlington and Watertown and will face those teams twice each.

On top of that will be one game battles with the Liberty Division teams, Woburn, Belmont, Arlington, Winchester, Reading and Lexington. Of those 11 opponents, eight played in the state tournament, including just Winchester, Wakefield and Stoneham in D2.

In addition the 'Cats have four non-league games including a home-and-home series with Bishop Fenwick, another team that competed in the state tournament, as well as single games with Ursuline Academy (8-11-1),



The captains on this year's WHS Girls Hockey team include Lia Kourkoutas, left, and Jocelyn Palmer, right. (photo by Jim Vaiknoras)

Brookline (5-15-1) and Arlington Catholic (0-21).

Wilmington opened its season on Wednesday against the defending Division 1 state champions of Woburn with results not known as of

presstime. That will be one of six straight games the team will have on the road to start the season with other stops at Belmont on Saturday, Bishop Fenwick on Sunday morning, fol-

lowed by Reading, Melrose and Ursuline Academy.

The team's home opener will be on Saturday, January 29th against Brookline with a 12 pm start.

WHS Boys Hockey Preview

On the ice, Wilmington to build on winning tradition

By JAMIE POTE
Sports Editor

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WILMINGTON - Two years ago, the Wilmington High School boys' ice hockey team struggled to put the puck in the net, scoring just 40 all season which resulted in a 5-11-4 overall record.

Last year, the program made a complete turnaround - getting red-hot towards the end of the regular season. Wilmington advanced to the Division 2 North Sectional semi-finals, losing to league rival Stoneham, 4-1. That loss came after exciting tournament wins over Lynnfield and Winthrop.

The loss to Stoneham ended the team's season at 13-11-0 overall, meaning the team jumped up an 8-spot in the win total, while also finishing the season with 65 goals, 25 more than the season before.

Gone from last year's team are 12 players, 11 who graduated and the other Danny Woods, went to play Jr. Hockey. He led the team in scoring with 18 goals and 7 assists and had over 50 points in three seasons.

While the team also lost a handful of experienced blueliners, a veteran goalie and several other pesky forwards, the good news is that the Wildcats will have two seniors back completely healthy in forward Andrew Sullivan and defenseman Conlin Duffy, as well as a talented sophomore transfer Matt Pendenza, who left the Jr. Bruins program.

The 2018-19 team has nine returning players, but only a few had regular shifts, meaning the rest of the lineup is pretty inexperienced.

"We are rebuilding a bit," said head coach Steve Scanlon, now in his 29th season, sporting an overall record of 340-194-63. "We graduated eleven guys and (lost Woods) so we're

rebuilding a bit. It looks like our work rate will be pretty good. All four lines look like they will be working very hard this season. I don't think we will be overwhelmed with skill and stuff like that, but they are good hard workers."

That terrific work ethic certainly starts with the team's captain, Connor Benoit. He just completed his senior football season but was banged up a bit towards the last few games and seems healthy for the start of the puck season. In the pre-season scrimmages, he was skating with Sullivan, and senior Ryan Barrett. Sullivan missed the first half of last season with a knee injury. He's another hustler type player, while Barrett has speed and can score.

The second group in the scrimmages included returners Joe Hill and Jared Venezia with Christian Robarge. All three players are juniors.

The third group appeared to be senior Chris Spinazola with juniors Zach Kincaid and Brendan George. Then the fourth group has junior Taylor Padulsky with sophomores Jason Davey and Peter Kourkoutas.

"Peter is a big kid and we expect him to go forward in the line-up," said Scanlon.

With the loss of the veteran forwards, including Woods, Scanlon was asked who he thought would score the goals this season, besides Barrett, who is now in his fourth season with the team.

"Venezia and Hill can score and we're hoping for breakout seasons from them," said Scanlon. "Robarge is a pretty good player and he should be able to score. The bottom six forwards look like they can all score, well in the pre-season anyway and we will see (in our next scrimmage). In our (last) scrimmage, it was spaced

out, so if we can get that throughout the season, it'll be huge. Our third and fourth lines are very similar so (those forwards could be interchangeable)."

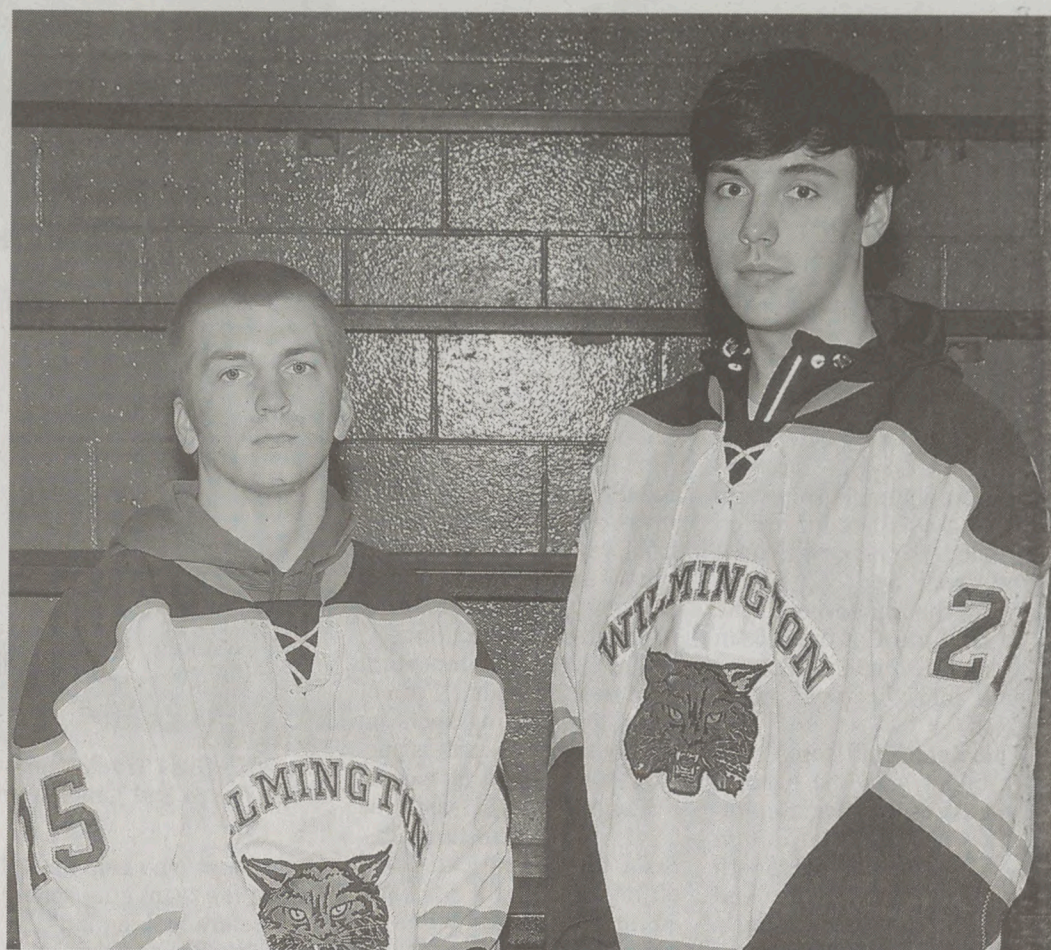
On defense, the team will be led by Duffy and Pendenza. Duffy came one as a sophomore and showed a lot of talent and poise. Last year he suffered a broken collarbone in the team's first game, and did make it back for a handful of shifts in the final playoff games. Scanlon said that in the pre-season, he has decided to split up Duffy and Pendenza, but would likely pair them up on the power play.

"Defensively we are replacing the most but we got Pendenza back from the Jr. Bruins so that's going to help especially because we had only one returning defenseman coming back," he said. "(Pendenza) is a good little player and it looks like he will help us. And Duffy is a good solid defenseman and he should be one of the top players in the league."

Senior Mike Fiorenza will most likely join Duffy, and junior Justin Crowley will most likely join Pendenza. James Kourkoutas, the twin brother of Peter, and senior Dylan Wargo are the third pair.

"We have some (overall team) inexperience and we don't have great depth defensively," said Scanlon. "A concern for me is our defensemen not being as physical as they should be. They need to be much more physical - there's a lot of stick checking and there's times when you have to play the body."

The last two players on the team are the goalies, junior Anthony Cuozzo and sophomore Alex Fitzler. Cuozzo played in a handful of games last year and was extremely poised for a tenth grader,



This year's WHS Boys Hockey team will be led by its captain Connor Benoit, left, and assistant captain Conlin Duffy, right. (photo by Jim Vaiknoras).

and Fitzler is up from the JV team.

"Anthony is back in the net. He is a solid goaltender. Alex is more than a capable back-up. He is up from the JV team and had a real good season last year. We like them both," said Scanlon.

Wilmington opened its season on Wednesday against Woburn with results not known as of presstime. The Tanners seem to be drastically improved this year, including getting a big and talented transfer goalie over from Malden Catholic.

"We open up with Woburn and that's going to be a tall task," said Scanlon. "We have beat them the last few years, so we're hoping to go over there and put on a good show. We have two more scrimmages with Peabody and Masconomet, and then

we beat Methuen 5-2 in a previous scrimmage."

Woburn is one of just a few teams the 'Cats will play this year who didn't advance to the state tournament. Wilmington will face 11 different teams coming off post-season play including Super-8 squad Burlington, six teams that competed in Division 1 including Arlington, Medford, Winchester, Belmont, Melrose and Reading, as well as the Division 2 North Champions of Stoneham, and single non-league games with Tewksbury, Shawsheen and Coyle-Cassidy - all tournament teams, and then a game with either an up and coming Chelmsford team or Newton North.

"Everybody is chasing Burlington in the Freedom

Division," said Scanlon.

"When you cross-over (to the Liberty Division), it's pick your poison with Arlington and then Winchester looks to have a real strong team this year. I think Woburn is going to bounce back, Reading is always good. And with a lot of kids leaving Malden Catholic, a lot of the Middlesex League teams got better with some additions."

Wilmington will host Belmont on Saturday at noon, before going on the road for its next four games including stops at Reading and Melrose, and then participating in the annual Haverhill Tournament on the 27th and 29th, against CC, and then either Chelmsford or Newton North.



Herb Chambers



HONDA

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WHS Girls Track Preview

Coach looking to revamp line-up and program

By JAMIE POTE
Sports Editor

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WILMINGTON - In the winter season of 2015-'16, the Wilmington High School girls' track-and-field team captured its first ever Middlesex League Freedom Division championship title, sporting a 5-0 record, which included winning the final dual meet and the league title on the final event of the last dual meet of the season against Burlington, who also came into the meet undefeated.

That team had some serious talent with the likes of three current collegiate athletes on the team, Julia Gake (Tufts), Elisabeth Olson (Worcester State) and last year's Town Crier's Female Athlete of the Year Alexcia Luna (URI), and then freshman, now senior Emma Garrity, who will be off and running at Bryant University next year.

Since that season, the team has combined for five wins, going 3-2 in 2017 and 2-1 this past winter. Throughout that time, head coach Brian Schell said that he has seen a decline in overall commitment, off-season training and team chemistry. He believes all three are significantly important issues that the program needs to address sooner than later.

"We've got some numbers this year. Last year we had 28 and this year we have 41," he said. "We have a strong freshmen and sophomore group in terms of numbers so that's good. This year's team is going to be a lot more focused a lot more on individuals from here on out until we can build a better team atmosphere in terms of how the program is going to go from here on out."

"The reason why I'm doing a lot more work individually, is because a lot of kids have to really get a feel on off-season training and it really shows. Coming into the season, the kids are slower or not throwing as far or jumping as high as they have in

the past. If we want to get back into being a league champion like we were a few years ago, people are going to have to put in the work in the off-season."

Schell continued to say that he is contemplating not even filling out a complete line-up sheet for dual meets until athletes earn their spots, rather than just pencil them in. If he follows through with that, the drop off in wins could continue.

"Wins aren't important right now," he said. "I'm not going to be filling spots on varsity right now unless people really have a chance of scoring. We could easily be 0-5 if we don't fill the spots. But I think if we can put it all together and if we want to, we could definitely beat teams like Burlington and Watertown, and get at least two more wins this year."

This year's team has just four seniors, and three have been with the program since the start as part of that league championship team, including Garrity, Amie Russell and Kerri Barnum. Garrity, Russell as well as juniors Evelyn Miller-Nuzzo and Gianna Misuraca are the team's four captains.

"As far as individuals go, this season our top athlete is obviously Emma Garrity," said Schell. "She was huge in the 600 for us last year and she is one of the captains. She is the one who will be helping to lead the team, lead the team in the 600, as part of the our 4x400 relay team and in this case, both events she was a league all-star last year."

We'll have Amie (Russell) back again to lead the throwers. She'll be the captain for the throwers and she has come in big for us.

Losing Alexci (Luna) is huge as she scored a lot of points for us. We have some good juniors, and the kids like Evelyn (Miller-Nuzzo) and Gianna (Misuraca) are two of our captains as I like having junior captains. The have been up and coming and I feel like they are could



The WHS Girls Track team will be led by its captains, from left, senior Emma Garrity, senior Amie Russell, junior Evelyn Miller-Nuzzo and junior Gianna Misuraca. (photo by Jim Vaiknoras).

be the ones who help the fill void of the team atmosphere that we are looking for."

At last year's Division 4 Eastern Mass Meet, Garrity finished fourth in the 600 at 1:41.12 and was part of the sixth place 4x400 relay team along with Julia McLaughlin, Miller-Nuzzo and Luna. McLaughlin is the fourth and final senior and she'll be in the sprints and relays.

Schell said that in terms of the events, the team has some strength in certain running events, and then a lot of inexperience in others.

"Sprints and hurdles are our biggest weaknesses right now," he said. "We have good depth in the 600 and we're strong there. We're always strong in the 600. In the 1,000, we lack some depth but we have some kids who are making a good jump from our middle distance to distance group. Last year we only had two distance kids and now we have seven or eight, so we can fill the spots up for every meet and at least try to develop the younger kids for the future."

Junior Anna Rideout will be one of the returners in the 300, while, sophomore Katherine McLaughlin will be in the mix, as well as either a member of the 4x400 relay team or an alternate. Garrity, Miller-Nuzzo and Maggie Bourgeois will line-

up ion the 1,000. In the mile and two-mile, the 'Cats will have a lot of members carried over from the cross-country team including Misuraca.

"Gianna is our top runner right now and she was able to break six minutes last year in the mile so she is coming on strong, especially after a really good cross-country season," said Schell. "Carissa Rubin, Allie Jordan, Angelyn Ciampa, Sam Burke and some other freshmen who will be in the distance events, so we're hoping we can have more in the two-mile."

In the field events, Russell once again returns as the anchor of the shot put. It appears as if she will have a pretty large group to help push her in practices.

"We have a good group of throwers and based on our early practices, they are all pretty consistent around 22 and 23 feet, so there's definitely competition for the varsity spots," said Schell. "We have a lot of good sophomores coming in with Chase Anderson, Makayla Costa, Annabelle Kane and Kaili Lamb, and they are all right in the mix fighting for the third spot behind Amie (Russell) and Shannon Murphy. Shannon's looking to throw over 25 feet this year. She has done it in practice."

Junior Hannah LaVita has

done extremely well in the high jump over the last few years, thanks to the coaching of Joe Patrone. Last year, LaVita placed seventh at the D4 Eastern Mass Meet, and several years before that, the program didn't have any jumpers. Joe's daughter Juliana, a junior, adds depth.

"High jump is probably one of our strongest event," said Schell. "Hannah LaVita has jumped five feet. She has been very strong for us and has medaled in some previous state meets. Coach Patrone's youngest daughter Juliana is coming off an injury from the spring track season, so we're going to have to gradually increase her height as we go along through the season."

This year long jump has been added to the indoor season.

"We have to keep that in mind," said Schell. "Evelyn (Miller-Nuzzo) is going to step up in that event, and could also help us in the high jump. Katie McLaughlin and Maggie (Bourgeois) can all jump around 13 feet. The long jump is generally a weak event in the entire league because of the lack of training for it."

The entire team includes: seniors Barnum, Garrity, Julia McLaughlin and Russell; juniors Joanne Arulraj, Burke, Grace Foley,

Allison Jordan, LaVita, Miller-Nuzzo, Patrone, Rideout, Petya Stoeva and Gabriela Villalta; sophomores Aaliyah Abel, Andersen, Bourgeois, Ashlyn Buckley, Costa, Anja Jensen, Kane, Lamb, Ashley MacGilvray, Katherine McLaughlin, Murphy, Miriam Nelson, Rubin and Gianna Spada.

The freshmen group consists of Amanda Broussard, Shea Cushing, Ciampa, Jenna Danieli, Olivia Erler, Emily Fothergill, Lauren Giuliana, Emily McHugh, Quinn Proulx, Isabelle Puccio and Angelina Zaykovskaya.

Wilmington opens its season on Thursday against Melrose at BU beginning at 4:30 pm. The schedule alternates this season between meets at BU and the Reggie Lewis Center. After Thursday, the 'Cats' will have dual meets at BU on Dec. 20th, Dec. 27th, January 4th and January 8th.

The non-dual meets will be held at the RLC including the Winter Festival on Sunday, the Freshmen/Sophomore Meet on January 5th, the State Class Relays on January 20th, the State Coaches Meet on the 27th, the League Championship Meet on February 4th and the D4 Meet on February 17th.

WHS Boys Track Preview

Wilmington preparing to hurdle past several Middlesex League foes

By JAMIE POTE
Sports Editor

jamiepote@hotmail.com
WILMINGTON - Last year was an interesting season for the Wilmington High School boys' indoor track-and-field team. The Wildcats finished 2-3 on the dual meet side, although it should have been 3-2 but the bus was late forcing the team to lose points in the loss to Watertown, and then in the non-dual meets, Wilmington struggled finishing last at the state relay meet and having just one athlete participate at the All-State Meet.

A year later, coupled with the cross-country team's best season since 1974, head coach Mike Kinney feels as

if this season could be a little more consistent, and perhaps better in terms of wins and place finishes.

"The team is shaping up," he said. "The boys cross-country team is coming off an excellent season in which they placed second at Division 4 (Eastern Mass) meet this fall. Those runners will provide us with a strong base in the mid distance and distance events."

"The team is becoming more focused and the commitment has been good. We have had some quality practices the first two weeks. It should be a good season, and we are looking for many individual and team successes."

This year's team will be

led by five captains, including distance runners Ben Packer and Kevin Elder, hurdler Sam Vince, sprinter Max Duong and thrower Tyler Thomas.

Packer will be the team's top runner in the two-mile. He is coming off a terrific cross-country season as a league all-star and one of the top runners in D4 Eastern Mass.

"Ben is running great and he is hoping to break ten minutes in the two-mile," said Kinney.

Joining him will be Alex Boehm and Pat McCarthy.

Junior Greg Adamek, who finished one spot behind Packer at the D4 EMass XC Meet, will lead up the mile event along with Joe Lydon,

another member of the XC team. The 1,000 meters will consist of Kevin Elder, senior Vincent Delacruz and junior Nolan Kennedy.

Kinney added that most likely the line-up for the two relay teams will consist of Brian and Kevin Elder with Jake Danieli and Sean Riley, who back in the spring broke the school record with a time of 8:25. The 4x400 team will most likely be a combination of Duong, AJ Curdo, Sam Juergens, Matt Chisholm and Danieli.

Brian Elder, Danieli and Riley will provide a big spark in the 600, while, Duong, with freshman Jeandre Abel and junior Richie Stuart seem to have

the 300-meters locked down. "Jeandre has long strides and looks promising and Richie has put in a lot of work in the off-season," said Kinney.

In the dash, and Mike Fothergill, Ben DeSantis and Bruce Veliz are providing senior leadership in that event, said Kinney. Fothergill will also compete in the 4x200 relay and in the long jump, which is new to indoor track this season. Juergens and Duong add depth in that event.

Finally in the hurdles, Vince had a great season last year and was voted a league all-star. He lost just one dual meet race all season. He will also be a part of the 4x200 relay team, while, Curdo and Juergens will also see time in the hurdles.

In the throwing events, it starts with Tyler Thomas, who like on the girls side with Amie Russell, has been the veteran of this group for several years now.

"Tyler Thomas returns from a state qualifying season last winter and spring. He placed in the discus outdoor at the divisional meet, and had a strong football season this past fall. He is an outstanding leader and a tenacious worker. Nobody puts in more effort and dedication than him. He should have a great senior season. Seniors Chris Medeiros, Coleman Kelly look very strong in the event as well," said Kinney.

Abel, Curdo, Juergens, and Riley will be competing for three varsity spots in the high jump.

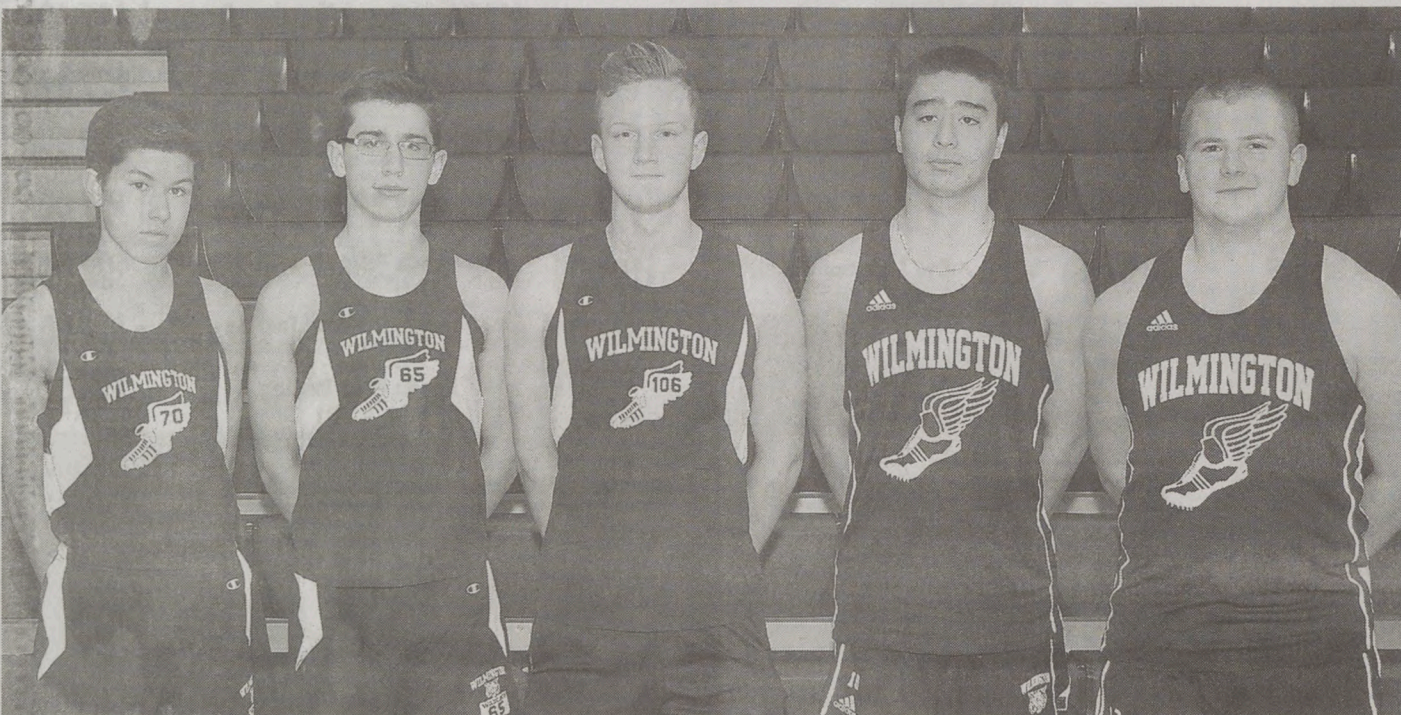
"We are hoping to improve in that event and take advantage of the expertise of (assistant) Coach (Joe) Patrone," said Kinney.

This year's team consists of 15 seniors including Curdo, Delacruz, DeSantis, Duong, Kevin Elder, Shawn Estrela, Tom Goodwin, Fothergill, Kelly, Matt LaRocca, Medeiros, Packer, Thomas, Vince and Veliz; juniors Adamek, Jon Alvarez, Jake Arsenault, Boehm, Chisholm, Nathan Curdo, Danieli, Brian Elder, Daniel Ings, Kennedy, Andrew Lee, Lyon, Dan Maienza, McCarthy, Brett Nansel, Aidan Ryan, Stuart, Jimmy Valente and Max Wright.

The sophomores include Juergens, Eric Lingenfelter, Sean Lydon, Riley, Colton Sullivan and Ethan Yuen, as well as ninth grade newcomers Abel, Akash Chatterji, Brian Curdo, Jayden DeFrancesco, Joe Demoura, Amir Ebdula, Ian Lee, Jeremiah Lozzi, Cullen Rooney, Evan Shackelford, Luka Smilijic, Adrian Trotta and John Ware.

Wilmington opens its season on Thursday against Melrose at BU beginning at 4:30 pm. The schedule alternates this season between meets at BU and the Reggie Lewis Center. After Thursday, the 'Cats' will have dual meets at BU on Dec. 20th, Dec. 27th, January 4th and January 8th.

"Burlington and Wakefield are the teams to beat in the Middlesex League Freedom (Division)," said Kinney.



This year's WHS Boys Indoor Track team will be led by its five captains, from left, Ben Packer, Kevin Elder, Sam Vince, Max Duong and Tyler Thomas. (photo by Jim Vaiknoras).

WHS Girls Basketball Preview

Despite losing starting five, goals remain the same

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com
WILMINGTON -- Coming off an exciting 15-8 season last year which saw the Wildcats fall in the Division 2 North sectional semi-finals to Wakefield, expectations are high for the Wilmington High Girls Basketball team as they enter their second season under the direction of head coach Jessica Robinson.

The 2018-19 Wildcats bring back some talented players from last year's outstanding squad. At the same time, however, expectations must be somewhat tempered with the knowledge that the Wildcats lost several key players to graduation, including their starting five of Caroline Andersen, Morgan Bresnahan, Bella Granara, Liz Gordon and Dana Goulet.

The team will certainly be different this season. The expectations, however, remain the same for Robinson and the Wildcats.

"We will definitely have to be a different type of team this year. Last year we had two 6-foot-1 plus post players, and some really athletic and quick guards, so with our speed and height we could do certain things on the defensive end that were frustrating to teams," Robinson said. "Offensively,

our post players were tough to match up with, as no team we played could match our size.

"This year we kind of have to start from scratch and we are currently in the process of trying to figure out some stuff that will work with our personnel. Qualifying for states is definitely one of our goals this season, and one that is certainly attainable. We have beefed up our non-league schedule a bit, losing the two Notre Dame of Cristo Rey games, and picking up games with Tantasqua (Regional), Weston, and we are also playing in the St. Mary's tournament in the Division II bracket, so we will have to work hard and play smart."

While there is no denying the loss of talent the Wildcats must deal with, there is also no denying that they bring back some talented players of their own, with sophomore guard Kylie Ducharme and junior guard Jenna Tavanese. The duo offer plenty of promise not just for this season, but for the future as well.

"Jenna and Kylie are both players that dedicate their entire year to basketball," Robinson said. "Jenna is now a junior, so she has a solid two years of varsity experience at this point. She is a great ball handler and an outside threat. As

she continues to develop her skills, her basketball IQ is also increasing, so she is going to be a handful for anyone we play.

"Kylie is one of the hardest working talents I have ever coached. She is the type of player whose motor never quits. She presents a match up challenge to most teams, as she is long (tallest player on the team), but has great ball handling abilities."

Along with young stars like Tavanese and Ducharme, the Wildcats will also be looking for big things from their senior tri-captains Gina Mastroilli, Gabby Bond and Cass Collins.

"Gabby, Gina, and Cass are all great kids and great teammates who have done a lot of solid work organizing summer and fall activities," Robinson said. "I think these three girls will be effective captains because they are three players that the others know they can count on for leadership, someone to talk to, and no matter what they are three kids that always work hard. Gabby has worked hard in the off-season and should be a key player for us as well."

Sophomore guard Jenna Sweeney and junior guard Olivia Almeida will be newcomers to this year's squad, but Robinson has already seen plenty of potential in both players and feels like they will be able to contribute to the Wildcats success this season.

"Jenna Sweeney is a great athlete. She has quick feet and has the potential to be a really frustrating defender," Robinson said. "Olivia has a nice outside shot, and is strong enough to play down low when we need it. She is another kid who plays year round, so has gained a lot of basketball experience in the off season."

Others who will be contributing to the Wildcats this



The WHS Girls Basketball team will be led by its senior captains, from left, Cassidy Collins, Gabby Bond and Gina Mastroilli. (photo by Jim Vaiknoras).

Booster's Club gives big thanks to Heavenly Donuts of Wilmington

*This letter appeared last week but due to an editing error by the Town Crier Sports Editor, the letter didn't have the correct businesses to thank. We apologize for the error.

Dear Jamie:
The Wilmington High School Boosters Association

would like to thank Don at Pizza Mia and the crew at Heavenly's Donuts for their support and contributions to the Boosters Club for the Thanksgiving Day Football Game. Thank You again for your support.

Sincerely, the WHS Boosters Association.

SEASON OPENER

The Wildcats season got off to a bit of a rough start on Tuesday night, as they suffered a 62-35 road loss to Belmont. Jenna Tavanese led the way for the Wildcats with ten points, while Kylie Ducharme had nine, but Wilmington could not contain a talented Belmont squad.

"We failed to execute well, struggled to take care of the ball, and gave Belmont too many second chance shots," Robinson said.

Season will include returning junior Alyssa Morrison, along with senior Sara Babcock.

Some newcomers to the team will include junior guard Madi Grace and junior forward Annie Wingate, along with sophomore Kayla Smith.

"Madi is a quick guard, who works hard and she is a good defender," Robinson said. "Annie is a good athlete and she gives us some size, which we need, and Kayla is a hard worker and a good young player."

Having lost so much from last year's roster and playing in the tough Middlesex Freedom Division, Robinson knows she will need contri-

butions from both returning players as well as newcomers if the Wildcats are going to achieve their goal of qualifying for the state tournament.

"On our side of the league things are pretty wide open," said Robinson. "Melrose, Wakefield and Burlington all have at least one key player returning, and all of the teams are well coached and well prepared game in and game out."

"It will be interesting to see how things play out, and I think most games will be a dog fight, but we are sure going to be fighting to finish at or near the top of the league."

Herb Chambers

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WHS Boys Basketball Preview

Despite a major roster turnover, 'Cats shooting for continued progress

By MIKE IPPOLITO
Sports Correspondent

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WILMINGTON – The past few seasons have shown a steady if not spectacular increase in wins for the Wilmington High Boys Basketball team, going from one, three and five wins over the last three years, respectively.

Last year, the team ended 5-16, including qualified for the Division 3 North Tournament under the Sullivan Rule and were defeated by Hamilton-Wenham in the first round.

The Wildcats will be looking to take another step forward this season, but it will not be easy, as they lost ten seniors off of last year's squad, meaning they will be taking the court in the brutal Middlesex League with a group of largely inexperienced players, with four sophomores, four juniors and just three seniors on the roster.

The good news for the Wildcats is that their inexperienced players will see plenty of playing time this season. With ten seniors on the roster last season, playing time was sparse for many of their younger players. That will certainly not be the case this season.

"It is a completely different team," Wilmington coach Dennis Ingram, entering his third season as head coach said. "And it is a very inexperienced team because even our juniors have not really seen any varsity time. It is a different feel this year."

"We will be playing every game to win, but with only three seniors, we will also be looking to the future as well, and getting the younger kids some experience."

As a result of the large turnover of their roster, Ingram and the Wildcats are taking a somewhat different approach in the early going of the season.

"We are progressing, but it is a definitely a work in progress. We are not rushing anything. We are taking our time in breaking things down," Ingram said. "We are hoping to improve as the

year goes on. It is a cliché, but in our case it is definitely true. We hope to get better throughout December and then be better in January and we hope to be peaking in February."

If they are going to make that steady improvement, a big reason for it will be their three returning seniors, Chris Stokes, Matthew Thomas and Stephen Anthony. Stokes and Thomas, both forwards, will serve as team captains this season, but all three seniors will be relied on heavily for their leadership skills.

"Those guys have been tremendous leaders for our younger guys in the early going," Ingram said. "We will be counting on them in every aspect of the game and also leading up to the game, showing our younger guys what expect of them and how we want to get things done."

"It is important to have our younger guys learn not just now, but throughout the season. It is a long season and we will be counting on those guys a lot."

Some other players the Wildcats will be counting on in their starting lineup this season will include a pair of newcomers, with junior center Andrew Munsie transferring into Wilmington High from Shawsheen Tech, while sophomore guard Evan Witalisz joins the Wildcats from Malden Catholic.

Munsie, at 6'3, gives the Wildcats something they have severely lacked in the past few seasons; size.

"I have been pleasantly surprised with his skill set," Ingram said. "He is our biggest guy by far. We don't have a lot of team size so he will be very important for us."

Witalisz does not bring the size that Munsie brings to the Wildcats, but Ingram says his skill set should transfer very well to his new team.

"He has also been a pleasant surprise for us. He can shoot the ball well, and for a sophomore he does a real good job of controlling the pace of the game," Ingram said.

Joining Stephens, Stokes, Munsie and Witalisz in the starting lineup will be junior Ryan Clarke, whom Ingram is hoping will provide some offense for the Wildcats.

"Ryan is one of those kids who is just tough as nails," Ingram said. "We really like the intensity we see from him. He is a soccer player, where he does a great job going after what they call 50-50 balls, and he does the same thing for us going after loose balls. He has also looked good shooting from the perimeter."

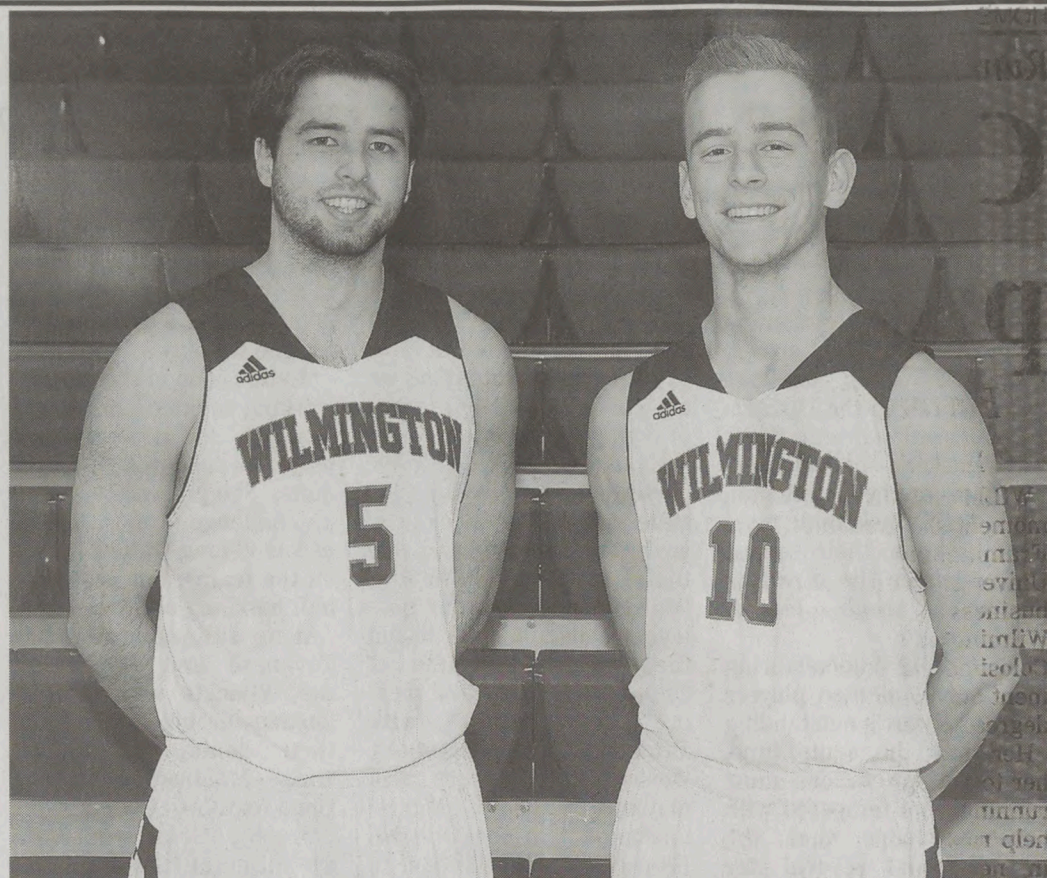
Other key contributors for the Wildcats this season will be sophomores James McCarron, Owen Surette and Aidan McGrath, along with juniors Kevin Palmerino and Connor Paquette.

Playing in the Middlesex League, Ingram knows the Wildcats will need contributions from their entire roster, as every game will offer a challenge.

"There are no easy games in the Middlesex League," Ingram said. "Belmont is very good. They will be competing for the state title, and Watertown was the Division 3 state champs last season. But they are not the only ones. The entire league is filled with good team. We will have games where we play very well, but we still may lose because some of these teams are so talented."

One area where Ingram knows his team will not fall short will be effort, where he has already seen his team show that he can expect them to give everything they have for him this season. And despite the team's youth and inexperience, Ingram has not lowered expectations for his this group.

"The goal remains the same, and that is to get to the tournament," Ingram said. "That's what we want to do and I think we can do it. We want to get our three seniors into the tournament and we are going to work to do that. There is no drop off in expectations."



This year's WHS Boys Basketball captains include Christopher Stokes, left, and Matthew Thomas, right. (photo by Jim Vaiknoras)

On and off the court, opening night was a big success

By MIKE IPPOLITO
Sports Correspondent

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WILMINGTON – If they are going to achieve their goal of qualifying for the state tournament this season, the Wilmington High Boys Basketball team knows they can't let any opportunity to pick up a win slip away.

Last Saturday night's season opener against non-league rival Notre Dame Cristo Rey presented one of those opportunities, and the Wildcats most certainly made the most of it, earning a 62-45 victory to get their season off to a great start.

Wilmington was led by a game high 19 points by senior guard Stephen Anthony, who hit four three pointers on the way to his big night, while junior center Andrew Munsie had 13 points, junior guard Ryan Clarke had eight points and sophomore guard Evan Witalisz had seven.

"We have to win these types of games," Wilmington coach Dennis Ingram said. "We talked about it with the seniors. There is nothing better than going to the state tournament and that is our goal for them. If we want to do that, a game like that is so big for us, so it was nice to see us come away with a win."

In the early going, it appeared that the Wildcats were going to roll to victory, as they jumped out to a 10-0 lead, but Notre Dame fought back to make a game of it, playing the Wildcats even for the rest of the half, and Wilmington took just a 29-19 lead into halftime.

In the third quarter, however, the Wildcats took over, outscoring their opponents 21-9 to seize control of the game, and take a 50-28 lead at the end of three quarters. Clarke, along with Munsie and Anthony led the way during the third quarter surge, which in addition to putting the game away, had the added benefit of allowing Ingram to substitute freely in the fourth quarter, allowing his younger players to see significant action.

"We rode our guys hard for three quarters because we couldn't break away, but in the fourth quarter we were able to get all of our kids into the game," Ingram said. "That was important for us, because it allowed everyone to get any first game jitters out of the way, and get that first taste of playing in a varsity game."

On Tuesday night, Wilmington was defeated by an outstanding Belmont team, 99-44.

The 'Cats (1-1) will be back in action on Friday with a home contest against Burlington at 7:00 pm and then will travel to take on Reading on Tuesday night, starting at 6:00 pm.

FOOD PANTRY NIGHT

Opening night for the Wildcats was also Food Pantry Night at Wilmington High. The price of admission was waived for Saturday's game, but fans were encouraged to bring non-perishable food items to donate to the Wilmington Food Pantry, and they responded in great fashion.

"We collected nine full boxes and five reusable shopping bags worth of donations," Ingram said. "It was just a great thing to be a part of. I'd like to just thank all the people who came out and donated, Becky McGrath for all her assistance, our AD Tim Alberts and our Principal Linda Peters for allowing us to hold this event."

"Lastly, I want to thank all the boys on the team, especially the seniors who came up with the idea. And the rest who helped spread the word and encouraged friends and family to donate."



The senior members of the WHS Boys Basketball team came up with the idea of holding a 'Food Pantry Night' during the team's season opener held Saturday night. The idea was a complete success with a total of 14 collected boxes/bags of food. The members of the team include from left, Owen Surette, Kevin Palmerino, Aidan McGrath, Evan Witalisz, Jimmy McCarron, Steven Anthony, Andrew Munsie, and Connor Paquette. Front row Ryan Clarke, Capt Chris Stokes and Capt. Matt Thomas. (courtesy photo).

Baseball Umpires Classes begin January 28

The Greater Lawrence Baseball Umpires Association has announced it will be holding 2019 Baseball Umpiring Classes.

The class will cover Major League Baseball rules. Successful completion of the class will make the candidate eligible for membership into Massachusetts Baseball Umpires Association.

When: Classroom Instruction: January 28th, February 4th, 11th, 18th, and 25th
Test: March 4th, Classroom 5509 Enter the school through the back.

Two Man Mechanics Class: March 11th & 18th

Two Man Mechanics Field Clinic Inside: March TBA -Small Gym
Registration: Will be the first night of class

Time: 7pm to 9pm

Where: Greater Lawrence Vocational High School, 57 River Rd, Andover Ma

Contact: Fred Simm @ 978-807-7103 or fredsimmm@comcast.net; Cost: \$135; Material: Major League Rule Book and Two Man Mechanics Book will be provided.



Andrew Munsie with a shot during the WHS Boys Basketball team's loss to Belmont played on Tuesday night. (photo by Jim Vaiknoras)

Running the Boston Marathon in April

Colosimo clearing a path to help others

Former FH player raising money for Martin Foundation

By LIZZY HILL

WILMINGTON – From the moment she graduated from Framingham State University with a degree in business management, Wilmington's Emily Colosimo has found fulfillment outside of the path her degree set for her.

Her latest pursuit has led her to not only a passion for running, but a mission to help raise money for others in need and to promote youth sports within different communities. She will be competing in her first Boston Marathon in April on behalf of the Martin Richard Foundation.

Richard was eight years old in 2013 when he became the youngest victim of the Boston Marathon bombings. The Richard family watched the marathon from the finish line that day as the second bomb exploded. While Martin lost his life from the explosion, his mother Denise Richard suffered brain injuries, his father Bill lost some of his hearing, and their daughter Jane lost a leg.

Instead of allowing hurt to continue, the Richards chose to honor their son's life by leading young people towards community through sports by creating the Martin Richard Foundation.

According to their website, their foundation 'promotes volunteerism and community activism with particular focus on sportsmanship and inclusion'. They write that 'they want to encourage and motivate people to embrace diversity and build community as thinkers, upstanders, and peacemakers'. This foundation spoke to Colosimo as she read the Boston Athletic Association's list of charity foundations with which she could apply to run.

"[Team MR8's] application process asked personal and deep questions which I really liked and felt connected to right away," she said, before adding that, "I liked seeing their Challenger Sports and Bridge Builder Programs where they help young people find volunteer opportunities and offer grants for programs that focus on inclusion, sportsmanship, kindness, and peace."

The Wilmington High School 2013 graduate has just started training with Team MR8, the 60-member running team on behalf of the foundation.

Before she enrolled in at Framingham State University, Colosimo was a goal scorer for the WHS Field Hockey team, and the thought of running long distances was not on her to-do list.

"I used to hate running. In high school I was forced to run a few miles every day," she said, noting that she competed in just one 5K throughout her four years of high school, coming in her junior year.

After graduating from WHS, Colosimo went on to earn her undergraduate degree from Framingham State University in business management with a concentration in sports management. There, she traded in her field hockey stick and elected to play for the women's rugby team, and she remained busy outside of athletics, between her own academic studies and spending time as a tutor.

While she picked up a new sport in rugby, she also picked up a new hobby in running. She tagged along with her roommate Rebecca for some light runs, and quickly that hobby turned into a passion and the pair ran two half-marathons together.

Since then, running has become a big part of Colosimo's life. Quickly aspirations of expanding from a half-marathon to a full-marathon came about.

Watching the Boston Marathon for the past few years, Colosimo had longed to join the elite event, but she knew she couldn't qualify based on speed. She mentioned that she'd also checked out other marathons to run in, but she felt that running Boston was her only real option and the only way she could qualify was on a charity team.

Colosimo had also applied for other teams, including the City Year team. She became familiar with City Year about a year before graduating from college in 2017. She decided to shift gears going from the busi-

ness world to the teaching world and joined up with City Year, which is 'an educational nonprofit organization with Americorps' that allowed Colosimo to work in a classroom in Jamaica Plain to create a better learning atmosphere for children. Her help included the areas of attendance, coursework, and social and emotional behavior for fourth and fifth graders at the JFK Elementary School for the 2017-2018 school year.

After her time with City Year, Colosimo started as a special education aide at the Prospect Hill Academy Charter School in Somerville.

"I work all day every day with one student," she explained.

She still loves working with and supporting students and she couldn't be happier where she's at. In fact, Colosimo was on a two-day camping trip with her students at Prospect Hill when her acceptance onto Team MR8 came in.

"[The email] said congratulations and I pretty much started screaming," she said.

That email came about a month ago and since then, she has brought in almost \$1,000 between raising money through social media, her family and friends, while she also has a few upcoming events scheduled at Market Basket and other local businesses. Collectively, each runner on Team MR8 has to raise \$7,500 by April 15th.

To donate to her cause for the Martin Richard Foundation, please visit <https://www.crowdrise.com/en/campaign/martin-richard-foundation-boston-2019/emilycolosimo>.



Wilmington resident Emily Colosimo will be running in this year's Boston Marathon to help raise money for the Martin Richard Foundation. (courtesy photos).



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The lone captain of the WHS Winter Cheerleading team is Chloe McCauley. (photo by Jim Vainkoras).

Coming Next Week

- Preview on the new Co-Ed/Co-Op WHS-North Reading Swim Team
- The Town Crier's Annual Coach of the Year

Shawsheen Tech Wrestling preview

Lofty goals remain
for ten-time defending
CAC League ChampsBy MIKE IPPOLITO
Sports Correspondent

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Every year it seems, expectations are very high for the Shawsheen Tech Wrestling team. That's what happens when you are a ten-time defending Commonwealth Athletic Conference champion, have won nine of the last ten state vocational championships and routinely battle against the top Division 1 teams in the state.

This season is no different for the Rams under the direction of 34th year head coach Mark Donovan, as they will be looking to not only win another league title and recapture the vocational championship after finishing second last season, but they have their sights set on a state championship.

With a season opening sweep of a quad meet this past Saturday, including a win over defending Division 1 state champion Chelmsford, who was ranked No. 1 in the state in the pre-season, thoughts of a state championship suddenly seem very realistic.

"Absolutely that is a goal of ours," said Donovan, who earned his 500th career win last season. "We are a senior laden team and we are looking for big things this season. We beat Chelmsford, which kind of puts a bulls eye on our back, but we have to fight through that. This team is very tough. They care about each other, they fight for each other and they expect to have a great season. They remind me a lot of our (20-0) 2010 team."

The Rams, who were 22-5 in dual meets last season, and also finished sixth at the Division 1 state meet, twelfth at the All-State meet

and 17th out of 150 teams at the All New England meet, will feature a stacked roster of returning wrestlers as they look to improve on that stellar season.

Leading off the Rams lineup this season will be freshman Joe D'Ampolo of Tewksbury at 106 pounds. He will be followed by a slew of veteran wrestlers.

Returnees will include sophomores Austin Dube at 113 pounds and Frank Foti at 120 pounds, along with senior Nick Lavino of Tewksbury at 126 pounds and fellow senior Brian Caldwell at 132 pounds.

Caldwell, one of the team's senior captains, returns to the team after finishing third in both the New Englands and All-States last season.

Also returning to the team will be junior Justin Merrifield at 138 pounds, senior Vinnie Fote at 145 pounds, senior Nick Stephens of Tewksbury at 152 pounds and senior Stephan Saint-Juste at 160 pounds.

Saint-Juste, who went 4-0 to start the season in the super quad meet, is primed to have a terrific season and Donovan feels like the sky is the limit for the veteran grappler.

"He is a three-year wrestler. He came out as a sophomore and has just improved every year," Donovan said. "He is such a gifted athlete, and this year he is so confident in himself, which he was missing last season. He is probably our most improved wrestler, and it will be exciting to see what he can do this year."

Senior Michael Steen of Wilmington will wrestle at 170 pounds, while fellow senior Will Amaral will compete at 182 and junior Andre



The Shawsheen Tech Wrestling team includes Wilmington residents from left, Mike Steen, Diondre Turner, Omar Eldaly and Jonathan Pimental.

Comeau will be at 195. Donovan has been impressed so far with the effort of Steen.

"Michael is a plugger," Donovan said. "He has been in our room for four years and he saw a lot of time last season. He has to work for whatever he gets, but he is willing to put work in."

Senior captain Omar Eldaly will lead the way for the Rams at 220 pounds where he is one of the best wrestlers in all of New England. Eldaly is the defending Division 1 North Sectional champion, while he also earned second place finishes at the Division 1 States, the All-State tournament and the All New England Tournament.

"Omar is so athletic it is just sick," Donovan said. "He is so good and he has not even hit his peak yet. And the best thing about

Omar is that he works so hard for it. He is so talented, but at the same time he is still a grinder."

Junior Lucas Moreira of Tewksbury will compete for the Rams at 285 pounds. He got his season off to a fantastic start this past weekend, with a big win over Chelmsford that helped lead the Rams to victory and Donovan sees many more wins in his future as well.

"Lucas came out for the team for the first time last year and he really liked the sport," Donovan said. "He has a jujitsu background, and this year he is finally buying in and learning what it takes to be a winner and I think he can do very well for us this year."

While the Rams will be obvious favorite to capture and 11th straight CAC title, Donovan is not taking the CAC for granted, as he

expects the Rams to be challenged on their way to any potential title.

"Greater Lowell will be one of the teams to beat along with us," Donovan said. "The league is pretty good this year, and we have a new team from Nashoba Tech joining the league and they are a good team and are very well coached."

OPENING SWEEP

The Rams got their season off to a spectacular start this past weekend, sweeping a super quad meet at Danvers High School. In addition to the thrilling win over Chelmsford by a score of 41-29, the Rams also got wins over Foxboro 46-25, BC High 46-21 and Beverly 46-21.

Shawsheen received four wins on the day from Caldwell (132), Vinny Foti (145/152), Saint-Juste (160), and Eldaly (220), while

triple winners for the Rams were Dube (113), D'Ampolo (106) and Lavino (126).

All of the wins were impressive, as each team at the meet was very talented, but it was obvious that the biggest story of the day was the Rams big win over Chelmsford. Both teams were 3-0 heading into the match, and they had everyone's attention.

"It was exciting," Donovan said. "Everyone else was done and they were all around us watching. It was just a great atmosphere. The nicest thing was Omar and Moreira clinched for us with three matches left so there was no way we could lose. We knew we could compete with them, so it was great to go out and get the win."

Shawsheen Tech Boys and Girls Swimming Preview

Defending Voc State Champs all set to make a splash

By MIKE IPPOLITO
Sports Correspondent

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BILLERICA -- Both the Boys and Girls Swim teams at Shawsheen Tech will be looking to repeat last year's outstanding seasons when they take to the pool this year. Both teams enter this season as defending state vocational champions, with the Girls team having won their incredible 12th straight vocational title last season, while the Boys team won

their fifth title in program history.

Both squads bring back a talented core of swimmers that they are hoping will lead to another vocational title, and while coach Rick Menard is not about to get ahead of himself, he feels like both of his teams will be able to compete with anybody on their schedule.

"It's very early in the season to make those predictions but I think our boys have a big upside. The girls have some solid returning

swimmers but for us it will depend on our depth," Menard said. "If our sixth best kid is better than other team's third best kid in a race then we can make a run at it. We have some really hard working kids who did great in our first meet but it's too soon to tell."

"We just want to swim through our dual meets and focus on trying to put another number on that banner in February."

If the girls team is going to make another run at a voca-

tional title they are going to have to do so without the services of some talented swimmers lost to graduation, including three quarters of their championship 400-yard freestyle relay team with Taylor Giordano, Hayley Ferguson and Kendra Swift of Wilmington, all having graduated, with Carli Spada of Wilmington being the only returnee from that group.

The Rams also said goodbye to a key member of the 200 freestyle relay team,

with Nicole Bennett of Wilmington, along with Giordano having graduated.

"We lost a bunch of solid swimmers with the class of '18," Menard said. "The amount of kids weren't many, but the girls especially took a hit with the talent we graduated. Those girls broke school records and made MIAA North Sectionals, so tough to replace kids like that."

Despite the losses to graduation, Menard is confident in the talent that does return to the lineup, as he sees several swimmers capable of having outstanding seasons. "For our girls it all starts and ends with our captain, Carli Spada, she can do it all. She is going get a lot of help from Jackie Menga, Steph Lafond, and newcomer Tayla Tildsley shows some big potential," Menard said. "The boys side brings back some deeper talent in John O'Neill, captain Amaan Shaik, and Damien Hadden (of Tewksbury). Senior Ryan Callahan (of Wilmington) and captain Cam Hudson will help us fill out the butterfly."

"We have added some more club swimmers from our home pool year round program NSSC, like Aiden Singh. He will be a kid we lean on a bunch I'm sure."

Both the boys and girls teams for the Rams are loaded with Wilmington and Tewksbury residents. Swimmers from Tewksbury include, Jorielle Arlock, Mike Bankowski, Hannah Grimes, Danielle Liscio, Rebecca Langone, Kasey McFadden, Cole Privitera, Jamie Quintiliani and Paul Tower.

Wilmington residents on the squad include Celina Barczak, Derek Costello, Ralph Desrosier, Harry Germano, Rybekah Marsh, Zach Morris, Tyler

Newhouse, Olivia Roy and Kevin Stevens.

SEASON OPENER

The Rams opened their season with a loss last Friday afternoon to Greater Lowell, but despite the loss, they did get some outstanding individual effort on both the boys and girls side.

In the 200 mixed medley relay, the Rams got a first place finish from Damien Hadden, Amaan Shaikh, Jonathan O'Neill and Cody Biancuzzo in a time of 1:59.29.

The Rams also had some strong second place finishes with Ryan Callahan taking second in the mixed 100 butterfly in a time of 1:22.13, while Cameron Hudson was second in the mixed 500 freestyle in a time of 6:55.14; Aidan Singh was second in the mixed 200 individual medley in a time of 2:37.50. Jacqueline Menga was second in the 200 mixed freestyle in a time of 2:36.38 and Carli Spada was second in the mixed 100 backstroke in a time of 1:18.55.

Third place finishers for the Rams included Connor Maguire in the mixed 20 freestyle in a time of 3:03.16, Cody Biancuzzo in the mixed 100 butterfly in a time of 1:25.28, Harry Germano in the mixed 100 freestyle in a time of 1:11.50 and Derek Costello in the mixed 500 freestyle in a time of 7:05.00.

A pair of relay teams also picked up third place finishes, with the mixed 200 freestyle relay team of Carli Spada, Kinsey Boutwell, Jacqueline Menga and Jamie Quintiliani finishing in a time of 2:12.56, while the mixed 400 freestyle relay team of Joe Deroshers, Jakob Bushee, Christian Giannon and Amaan Shaikh finished in a time of 5:30.95.



The Shawsheen Tech Boys and Girls Team includes Wilmington residents, front row from left, Derek Costello, Celina Barczak, Rybekah Marsh, Olivia Roy and Carli Spada; back row from left, Kevin Stevens, Zach Morris, Harry Germano, Ralph Desrosiers, Ryan Callahan and Tyler Newhouse.

Shawsheen Tech Girls Basketball Preview

Rams return nine players from 14-win season

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com
BILLERICA -- The Shawsheen Tech Girls Basketball team finds themselves in a unique position as they head into the season. The Lady Rams are coming off a very successful 14-8 campaign last season, but will also be looking to be even better this season, as they return nine players from that outstanding squad, most of whom either started or saw significant playing time last season.

Shawsheen saw their season come to an end last season in the semifinals of the

Division 3 North Sectional Tournament with a 54-51 loss to Bedford, which came after winning their quarter-final game against Latin Academy. But even in that defeat, the Lady Rams and then assistant coach Kate Marshall were able to find something to build on for this season.

Shawsheen trailed in that game by as many as 23 points in the third quarter, but fought back with a furious rally before coming up just short in their comeback attempt. Marshall, who was an assistant coach the past three seasons before taking over as head coach this season,

was a great measure of her team's never say die attitude, a trait which they had displayed all season long.

"I think what last year really showcased was some of our younger talent and their ability to take setbacks and losses in stride," Marshall said. "Most of our team and starters were juniors and freshmen, some experiencing varsity for the first time, and I think that we certainly found our groove midway through the season. Specifically in regards to that semi-final game against Bedford, that proved the grit that our girls

have and knowing you play the game with one hundred percent effort until that final buzzer. Many teams would have given up at the half, but our girls came out with their heads held high and determined to give Bedford a run for their money."

Unlike last season when Shawsheen's roster was filled with inexperience players, this year they are loaded with players with plenty of varsity experience, including seniors Megan Brown, Alex DiPerri, Shannon Fitzgerald, Brooke Johnson, Sam Moriconi and Rebecca Smith of Tewksbury.

"We have the majority of our starters returning and a large senior class mostly comprised of my first year JV team," said Marshall. "These returning seniors have been playing together for three seasons and have certainly learned each other's strengths and weaknesses which makes for a really special dynamic coming into their senior season."

"I think that last year's record and our tournament run made our returners very hungry for this upcoming season, especially for our seniors who have their final run as a Ram."

DiPerri, Brown and Moriconi will serve as captains this season, and while Marshall feels that any of the seniors on the team would have been a good choice, she is certainly pleased to have these three veteran players leading the team.

"Captain roles were difficult this year with such a large senior class, but the girls ended up selecting Alex, Megan and Sam," Marshall said. "These young women are the types of athletes and students who make your job easy. They

are exceptional leaders both on and off the court and are respected by their peers and many faculty members here at Shawsheen. I have no doubts that the team will flourish under their leadership."

Besides the talented group of seniors, the Lady Rams are also returning a pair of sophomores in Susanna Gillis and Shelby Bourdeau as well as welcoming a pair of newcomers in point guards Steph Mercurio who was the point guard for Shawsheen's JV team last year as well as transfer student Ashlyn Bisso.

"Shelby and Susanna were key components of this team's success last season. They are really motivating for our upperclassmen and also great examples for the younger classmen as something they should be striving for," Marshall said. "Steph will be able to help out our other varsity guards, and we are really excited to have Ashlyn join our team."

With a roster so deep, Marshall says that the lineup will be a work in progress throughout the season.

"Our starting lineup is going to be a game by game decision. With a team of ten girls, all very talented and able to play multiple positions, I would like to keep the starting five something that is constantly adapting depending on our opponent and goals for that game," Marshall said. "The girls are aware of this philosophy and know that although these spots will certainly be earned, it's also not a punishment if adjustments are made for the following game."

Despite the depth of talent on the Lady Rams roster, Marshall is not getting ahead of herself in terms of expectations for her team.

She knows that last year's success means very little for this season and without a maximum effort on a nightly basis, all the talent in the world won't lead to a winning season.

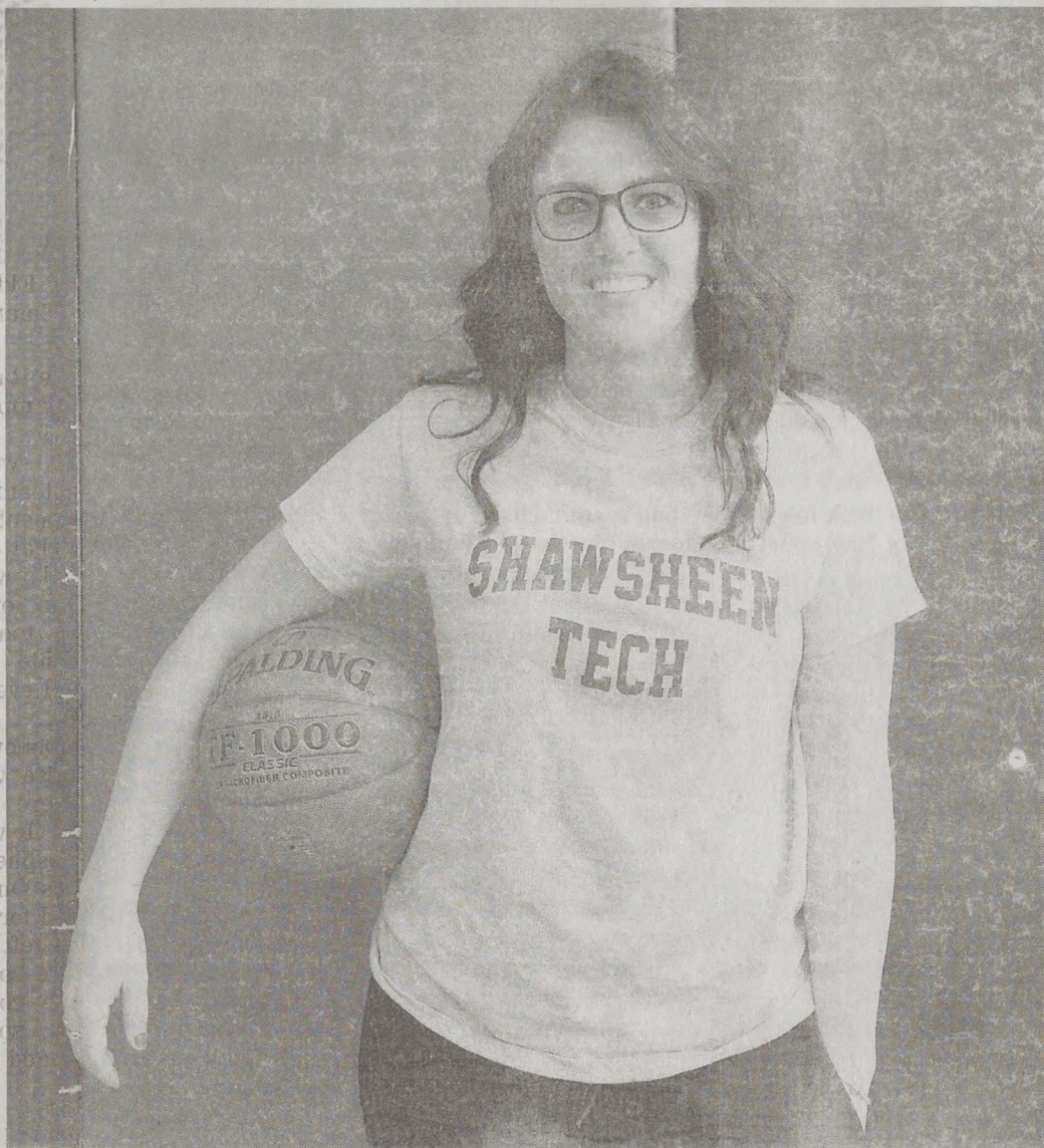
"My expectations this season are to try and recreate the cohesive unit I established with these girls their freshman season, while adding in some other former JV players of mine from last season," Marshall said. "I hope to provide the girls with the motivation and skills they need to have a successful season. My goal is to build off of last year's successes while staying humble and acknowledging we always have areas to improve on."

That improvement will have to continue throughout the season if the Lady Rams are going to achieve their goals this season in the Commonwealth Athletic Conference Large School division.

"I think that the CAC always surprises you. You base your knowledge off of previous seasons, but all it takes is a couple of new additions to a team to totally dismantle your prior knowledge," Marshall said. "I think that Whittier is always a strong program and look forward to those matchups this season."

Season Opener

The Lady Rams got their season off to a strong start last Friday night with a 57-26 road win over CAC rival Chelsea. Shawsheen was led by Alex DiPerri, who had 14 points and four steals, while Shannon Fitzgerald had eight points, six assists and 11 rebounds and Brooke Johnson had six points and ten rebounds.



Kate Marshall, an assistant coach the last three years, has taken over as the head coach of the Shawsheen Tech Girls' Basketball team. (photo by Bob DeChiara).

Marshall takes over as new Rams Girls' Basketball Coach

By MIKE IPPOLITO
Sports Correspondent

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BILLERICA -- When former Shawsheen Tech Girls Basketball coach Aimee Sueltenfuss decided this past off-season to step down after four years on the job, Shawsheen Athletic Director Al Costabile didn't have to look far to find the perfect replacement for the highly successful coach, who posted a 53-34 record during her time at Shawsheen.

All he had to do was look to the seat next to Sueltenfuss, where he would find Kate Marshall, who has been the Lady Rams JV coach for the past three seasons, while also serving as Sueltenfuss' top assistant during that time.

"We are very happy to have Kate as our new girls head basketball coach," Costabile said. "She did a great job as the assistant the last three years and deserves this opportunity. Her passion, energy and solid foundational knowledge of the sport will be a huge asset for our girls basketball program."

It is not easy for any new coach to take over a program, especially following a coach who never had a losing season as was the case with Sueltenfuss. It can at times be a difficult transition for both the players and the new coach. Fortunately for Marshall and the Lady Rams, this has been a non issue thanks to her having already coached the majority of the players on the roster.

"I think that it has uniquely benefited me because the team I coached my first season was mostly comprised of freshmen who are now my seniors," Marshall said.

"It's great to be transitioning into a role where I already know the players and they've already experienced my coaching style"

In addition to her previously coaching with the Lady Rams, Marshall brings an extensive background of playing basketball to the sideline as well, having played at Austin Prep, where she also played softball. Basketball however, was and is her passion.

"I have played basketball my entire life. I played other sports throughout my adolescence, but basketball has always been my favorite sport as both a player and fan," Marshall said. "I played varsity in high school at Austin Prep, but ultimately had my time cut short due to a health condition, so having the opportunity to come back to this sport from the other side of things has been one of the most fulfilling things I've been able to do at Shawsheen."

Marshall, who graduated from Roger Williams University in 2013, has been an English teacher at Shawsheen Tech for the past six years, seems to bring a teacher's patience and leadership ability to her coaching style, a style that she hopes will benefit her team to not only win games, but also to bring out the best in each player.

"I would say my coaching style is really cemented in the concept of acknowledging and harping on players' strengths and skill sets and finding unique ways to highlight them," said Marshall, a Billerica resident. "Each girl on my team offers something special to the team and so I want my players to develop and hone in on their skills, while learning their teammates strengths, and working together as a unit to develop places where we are weak."

"An ideal team for me is comprised of players who develop a strong IQ not only of the game itself, but also of the team in which they

are a part of. The more they learn about each other and trust one another, the better we will perform as a team"

Costabile, for one has little doubt that Marshall's coaching style is the perfect match for the lady Rams

"I have a great deal of confidence that the program is in good hands with Kate's leadership and guidance," Costabile said.



The Shawsheen Tech Girls Basketball team includes Wilmington residents, from left, Ella Malvone, Jess Stevens and Emily Freitas. (photo by Bob DeChiara).

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Rams hoping to rebound and get back into CAC contention

By MIKE IPPOLITO
Sports Correspondent

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BILLERICA — If you simply look at their record, then last season could be considered a bit of a disappointment for the Shawsheen Tech Boys Basketball team, as the Rams fought their way to a 7-13 record, falling short of a state tournament berth for the second straight season.

But taking a closer look, the season could actually be considered a success as many players received valuable playing experience at the varsity level, experience that coach Greg Bendel, entering his eighth season with the Rams, is hoping will be valuable to his team this season.

"Last year we had nine of our eleven guys on the team playing varsity for the first time and it showed," Bendel said. "We had to go through some growing pains last year and I am hoping those experiences will make us better this season."

While the Rams do lose some talented players from last year's squad, including Brendan Studley of Tewksbury, Sam Baker, Brandon Bicknell and Jack DeCoursey, they return a solid core of players that Bendel is hoping will lead his team back to the tournament.

"We graduated four seniors last year and we will certainly miss them but, we are excited about the group of guys we have this year including the seven returning players from last year," Bendel said.

Among those players returning to the lineup for the Rams this season will be senior forwards Jared Rizzo of Tewksbury and tri-captain Zach Mickie of Billerica, along with fellow senior captains Mark Giordano and Ryan Quinones, as well as Johnny Pilla, Casey DeCost of Tewksbury and Ryan Smith. In addition Nick Tuccelli will round out the senior class, which will mark the largest senior class in recent memory for the Rams.

"We are excited to have so many returning varsity players back this season," Bendel said. "We hope that our experience will be a real strength of ours this season."

Pilla, unfortunately, will not be with the Rams at the start of the season, as he suffered a broken ankle during a preseason scrimmage.

"We hope he will recover fully and be able to play some games later this season," Bendel said.

son," Bendel said. "I feel really bad for Johnny but he is a tough kid and he will bounce back. Injuries are part of the game and we will need someone else to step up."

The Rams will also have some local talent on their team, as in addition to Rizzo and DeCost, they will also be looking for contributions from junior Santino Garafalo of Tewksbury and Josiah Martinez of Wilmington.

As it is most seasons, the CAC will once again be very challenging this season, with several teams vying for the league title.

"Chelsea is the defending league champions but Greater Lowell has dominated our league for the past decade and we expect both of those teams to be very strong once again," Bendel said. "But I am really excited to work with this team. It is a great group of guys and I am really proud of how hard they are working every day."

MIGNAULT OFF TO TMHS

Shawsheen freshman coach Joel Mignault has accepted a new coaching position at Tewksbury High School as the new JV Girls Basketball Coach. For the past five years he has served as Shawsheen's Freshman Boys coach and varsity assistant.

"Although Coach Mignault will be greatly missed by our program, we wish him well in his new role at Tewksbury where he is also a full time Physical Education Teacher," Bendel said. "Coach Mignault is a fantastic coach and he will be very successful wherever he's coaching. I'm forever grateful for all that he has done for our program and I wish him all the best."

The Rams will have a familiar face replacing Mignault, as former coach Larry Bradley, a Tewksbury native, will return to the sidelines to coach the freshman team. Bradley is the uncle of Mark Bradley, the TMHS Girls Varsity Coach, who added Mignault to his staff.

"We are excited to welcome back Coach Larry Bradley as our new freshman coach," Bendel said. "Larry has many years of coaching experience and is well respected as one of the best basketball officials in the area. We are lucky to have coach Bradley with us. He has a ton of basketball knowledge and he is great with kids."



The local players on this year's Shawsheen Tech Boys Basketball team includes from left, Santino Garafalo of Tewksbury, Jared Rizzo of Tewksbury, Casey DeCost of Tewksbury and Josiah Martinez of Wilmington. (courtesy photo).



The local members on the Shawsheen Tech Winter Cheerleading team includes from left, Bianca Garafalo of Tewksbury, Isabella Hardiman of Wilmington, Hailey Donovan of Wilmington and Teagan McDonald of Wilmington. (photo by Bob DeChiara).

Girls sticking to game plan: gain experience and improve

By MIKE IPPOLITO
Sports Correspondent

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BILLERICA — The Shawsheen Tech Girls Hockey team will be looking to improve on last season's 2-18 record this season, while at the same time looking to gain some experience for the future as the program continues to grow.

The team and program will have a somewhat new look this season, as they will be in their first year as a co-op program with Bedford High School. There will also be a new look behind the

bench, with Bob Roach taking over as coach for Dan Simard, who coached the team for the past two years.

More accurately, you could call the coaching change, a new old look, as Roach coached team for nine years prior to Simard taking over two years ago. Roach then

served as Simard's assistant last season before Simard retired and Roach once again became head coach.

Roach is hoping that the co-op combination with Bedford will help the Lady Rams add some more wins to their total this season.

"Our numbers were down,

so this is something that works well for both schools," Roach said. "We have some players who have some experience as does Bedford, and we also have some kids who are new to the sport."

Making the Lady Rams task a little more difficult this season is that they lost several key players to graduation, including forwards Catherine McKenna, Sarah Constantino and Alesha Talbot of Tewksbury and Brooke Arena, along with defenseman Erin Mader of Tewksbury.

They do, however, bring back some talented players, including co-captains, senior forward Julia Ryan and sophomore Emily Sartori, both of Wilmington. Ryan was Shawsheen's leading scorer last season, and Roach is hoping for great seasons from both of his captains.

"Julia is solid. She's got good hands and she sees the game well. She will be a big help to the team," Roach said. "Emily also has a great sense for the game and she is a very good young player. They both know what it takes to win and they are leaders on and off the ice. I am looking forward to working with them this season."

Other returning players for Shawsheen this season will be senior forwards Emily Morris, Kendra Prezioso of

Wilmington and Olivia Munroe along with junior forwards Isabella Munroe and Kara Salvi.

A pair of Bedford players, junior defenseman Susan Doubek and junior forward Amber Hurley will join the Lady Rams efforts this season, along with freshman forward Ashley Talbot of Tewksbury.

One area where the Lady Rams look like they may be strong this year is net, where freshman Sydney Neault of Tewksbury joins the team with an extensive goaltending background, something the team has lacked in years past.

"Sydney has looked great," Roach said. "She is a good kid, and she has a great attitude. We are expecting a lot from her. I think she can step right in and do a good job."

Roach knows it will be an uphill climb for his team, who plays as an independent, but he will be looking to see steady improvement as the season goes on.

"We are definitely an inexperienced group, but this is a good bunch of young ladies who are working hard," Roach said. "We hope we don't get hit by too many injuries and we will be trying to get better every day. They have been doing that in practice and I would expect them to do the same as the year goes on."



The Wilmington residents on this year's Shawsheen Tech Girls' Hockey team includes from left, Julia Ryan, Kendra Prezioso and Emily Sartori. (photo by Bob DeChiara).

Pair of Pop Warner Cheerleading teams take second place at Nationals

This past week Wilmington Pop Warner sent two competitive cheerleading teams to the Pop Warner National Championship held at Walt Disney World's Wide World of Sports.

The teams practiced in the new arena and competed in the HP Field House.

On Monday, the C team competed in the Medium Level 3 division against five other teams from around the country. This League Champion, Eastern Mass Champion and New England Champion team has been led by coaches Lauren Parisi and Kelly McGowan with junior coaches Tori Ciampa, Kendall Estabrook and Janelle Penney.

The C team had an early performance time and checked in to the Field House at 7:40am. The girls were excited! It's not this team's first time on the national stage they were at nationals in Small Level 2 last year and placed third.

The C team opened with a cheer and stunt sequence, moving into their jumps fol-

lowed by another stunt sequence that breaks into their music. The team's flyers have improved tremendously over the last year as they moved up a division and worked towards new goals. The Flyers include Megan Mullarky, Skyler Estabrook, and Sabrina Gray, who put on a wonderful show.

The team's bases Faith Dillon, Emily Burton, Ava Humphrey, Hailey Perault, Erin Murray, Mia Vacha, Brooke Gifford, and Tatum McDonald worked hard all season and on Monday to execute stunts.

The Wildcats routine is fun and exciting they are extremely clean and love what they are doing on the mat. They took the mat with confidence and pride. Wilmington fell short by 0.28 placing second to the North Pinellas Panthers from Florida.

D Team

The Wilmington D cheerleading team headed down

midweek as League Champion, Eastern Mass Champion and New England Qualifier. This team is coached by Nicole Minghella French, Shannon McHugh, MiKaila Russell and Deb Smith with junior coaches Alex DiRienzo, Chloe McCauley and Michaela O'Brien.

Although this coaching staff are seasoned veterans at the Pop Warner National Championship, this young Wildcat D team was making their very first appearance.

These little Wildcats fell short of qualifying at Regionals last year and have worked hard to improve skills and accomplish their goal and make it to Nationals.

These girls have gotten new tumbling skills and learned to stunt at a whole new level. This team is comprised of Aubrey Annarelli, Maya Lanzi, Isabella Cooper, Avery Piantadosi, Lillian French, Kayla Spencer, Lily McLaughlin, Theresa Graham, Zoey

Helbert, Sophia Calumby, Ava Thibert, Amelie DeBlois, Ava Potvin, Gianna Jordan, Hailey Regeura and Lilly King.

Heading to Nationals for the very first time in a division of 21 teams can be intimidating, but not for these little Wildcats. These ladies had the best performance of their year, they knocked it out of the park and stole the show. The smiles on their faces showed fire in their heart. The Wildcats made

changes to their stunts to receive better scores and executed to the best of their ability. The performance left tears of pride in the eyes of many watching to be able to see the confidence in their faces. The Wildcats placed second to a very talented Taunton Tiger team also from Massachusetts.

Both cheerleading teams ended their season with great records and we can see bright futures for all of our Wildcats!



The Wilmington Pop Warner D Team Cheerleaders celebrate after taking second place at the Nationals held in Florida last week. The team includes from left, MiKaila Russell, Nicole Minghella French, Deb Smith, Ava Thibert, Michaela O'Brien, Theresa Graham, Ava Thibert, Maya Lanzi, Gianna Jordan, Lilly French, Lilly King, Hailey Regeura, Avery Piantadosi, Lily McLaughlin, Isabella Cooper, Sophia Calumby, Aubrey Annarelli, Amelie DeBlois, Zoey Helbert, Kayla Spencer, Ava Potvin and Shannon McHugh. (courtesy photo)



Two Wilmington Cheerleading Teams National Finalists

Above, The Wilmington Pop Warner C Cheerleading team finished second at the National competition held in Disney last week. The team includes: front row from left, Hailey Perault, Megan Mullarky, Sabrina Gray, Faith Dillon and Skyler Estabrook; back row from left, Tatum McDonald, Ava Humphrey, Brooke Gifford, Erin Murray, Mia Vacha and Emily Burton;

Top right: the D Team Flyers during their competition include from left, Lilly King, Lillian French and Isabella Cooper.

And to the bottom right: The C Team celebrates with their trophy. back row from left, Coach Kelly McGowan, Brooke Gifford, Emily Burton, Tatum McDonald, Mia Vacha, Megan Mullarky, Hailey Perault, Sabrina Gray, Deb Smith, Coach Lauren Parisi; and bottom row from left, Ava Humphrey, Skyler Eastabrook, Erin Murray and Faith Dalton. (courtesy photos).



Wilmington's Winter Solstice 5K Road Race results

*Wilmington and Tewksbury residents only; results courtesy of coolrunning.com

Place	Bib#	Name	Age/Sex	Town	Time
3	1281	Gregory Adamek	16 M	Wilmington	17:01.4
6	396	Sarah Hjelmstead	42 F	Wilmington	18:56.6
8	1385	Simonetta Piergentilli	54 F	Wilmington	19:33.0
12	1379	Jake Aquino	37 M	Tewksbury	19:42.6
14	364	Ken Warren	57 M	Wilmington	19:49.5
19	1285	Fil Faria	54 M	Tewksbury	20:18.2
20	140	Lucas Gondola	17 M	Tewksbury	20:31.7
22	52	Tammy Chow	28 F	Tewksbury	20:50.9
27	203	Erin Lapsley	36 F	Wilmington	21:32.6
30	70	David Crane	39 M	Wilmington	21:51.7
37	79	Ally D'Amico	36 F	Wilmington	22:14.7
38	389	Justin Moss	44 M	Wilmington	22:23.9
40	158	Joseph Henry	31 M	Wilmington	22:32.1
41	332	Caroline Sheedy	31 F	Wilmington	22:32.9
42	166	Addyson Hunt	11 F	Wilmington	22:34.1
44	1372	Joseph Warren	26 M	Wilmington	22:56.8
46	135	Douglyss Giuliana	46 M	Wilmington	23:03.7
48	1	Julie Barrett	43 F	Wilmington	23:09.0
49	398	Tricia Moss	39 F	Wilmington	23:17.0
51	65	Kevin Cormier	44 M	Tewksbury	23:22.0
55	193	Dave King	43 M	Tewksbury	23:23.4
61	282	Brady O'Hanlon	41 M	Tewksbury	23:52.9
63	391	Jeff Mahoney	45 M	Wilmington	24:05.2
64	111	Joey Dynan	15 M	Wilmington	24:22.1
65	110	David Dynan	10 M	Wilmington	24:21.5
68	299	Cindy Ponte	35 F	Tewksbury	24:35.4
69	382	Nicole Yurchak	35 F	Tewksbury	24:37.6
70	98	Meghan Dischino	36 F	Wilmington	24:27.6
71	137	Erika Glidden	28 F	Wilmington	24:42.6
73	138	Pam Gondola	46 F	Tewksbury	24:58.8
74	139	John Gondola	48 M	Tewksbury	24:58.8
80	390	Patrick O'Donnell	40 M	Wilmington	25:01.3
81	88	Steve DeMonico	36 M	Wilmington	25:44.5
82	32	Theodore Bryson	9 M	Wilmington	26:05.2
84	91	Ken Desimone	28 M	Wilmington	25:56.2
87	167	Juli Hunt	41 F	Wilmington	26:11.5
89	176	Zach Jensen	40 M	Tewksbury	26:11.4
90	177	Emma Jensen	13 F	Tewksbury	26:11.6
98	169	Denise Illsley	58 F	Tewksbury	26:38.4
99	283	Michelle Oates	46 F	Tewksbury	26:37.1
100	324	Marian Sales	54 F	Wilmington	26:38.8
105	9	Janelle Anderson	40 F	Wilmington	26:56.0
106	1280	David Adamek	36 M	Wilmington	26:55.0
108	321	Lori Ryan	54 F	Wilmington	27:06.0
109	72	Doreen Cronin	151 F	Tewksbury	27:11.2
110	143	Marlo Greene	43 F	Tewksbury	27:11.9
115	63	Beth Connors	50 F	Tewksbury	27:25.2
116	24	Lynn Blanch	52 F	Wilmington	27:22.9
122	392	Jen Bolanos	44 F	Wilmington	27:37.6
123	200	Melinda Laconte	43 F	Wilmington	27:37.7
124	95	Tina Dicenso	36 F	Wilmington	27:42.6
125	259	Keith Menslage	44 M	Tewksbury	27:40.1
128	192	Jen King	44 F	Tewksbury	27:54.4
132	225	Laura Mahoney	43 F	Wilmington	27:58.4
133	191	Brian Kierstead	40 M	Tewksbury	27:35.2
136	112	Jonathan Eaton	35 M	Wilmington	28:04.0
137	69	Amy Crane	41 F	Wilmington	28:10.6
142	104	Ryan Donovan	33 M	Wilmington	28:07.1
144	395	Shawn Kinneen	45 M	Wilmington	28:35.1
147	17	Swas Balram	48 M	Wilmington	28:34.4
152	292	Eric Piazza	35 M	Wilmington	28:45.1
159	159	Mike Herra	35 M	Wilmington	29:01.8
162	305	Minda Qyrfyci	39 F	Wilmington	29:10.7
168	196	Suzanne King	42 F	Tewksbury	29:48.2
170	240	Barb Mathers	55 F	Tewksbury	30:05.5
175	155	Jenn Helmar	44 F	Wilmington	30:25.2
177	21	Darlene Bischoff	53 F	Wilmington	30:06.8
178	358	Marcia Vozzella	56 F	Wilmington	30:17.5
179	125	Kristen Gake	51 F	Wilmington	30:07.2
181	59	James Clifton	62 M	Wilmington	30:30.5
182	233	Jason Marrone	13 M	Wilmington	30:06.3
185	227	Michelle Mallon	36 F	Wilmington	30:55.4
187	187	Jim Kelley	40 M	Tewksbury	31:00.1
188	383	Amy Zani	37 F	Tewksbury	30:45.9
189	373	Jessica Weaver	26 F	Wilmington	30:52.3
194	194	Ryan King	11 M	Tewksbury	31:18.2
196	288	Colleen Perella	52 F	Wilmington	30:52.0
197	289	Taylor Perella	23 F	Wilmington	30:51.9
199	281	Kim O'Hanlon	33 F	Tewksbury	30:49.5
200	277	Mark Nasiff	52 M	Wilmington	31:03.3
201	180	Sabra Jones	43 F	Wilmington	31:46.6
208	128	Ana Garrant	57 F	Wilmigton	31:38.8
210	71	Donna Crescenzo	54 F	Wilmington	31:52.5
211	199	Lisa Kuegler	57 F	Tewksbury	32:08.7
214	1369	Ed McGrath	45 M	Wilmington	32:21.8
215	19	Carin Bennett-Rizzo	44 F	Wilmington	32:51.3
221	13	Tony Azevedo	65 M	Wilmington	32:38.1
223	311	Linda Riley	50 F	Wilmington	32:38.8
227	279	Jocelyne O'Brien	43 F	Wilmington	32:40.2
228	257	Mo Melanson	39 F	Tewksbury	32:46.2
231	86	Betsy Dellorusso	52 F	Tewksbury	33:13.0
236	363	Cristina Warren	56 F	Wilmington	33:36.3
237	235	Christine Martignet	52 F	Wilmington	33:36.1
239	156	Sarah Helstrom	16 F	Wilmington	34:05.9
244	230	Anthony Marra	13 M	Wilmington	34:13.9
247	37	Chloe Callahan	39 F	Wilmington	34:48.8
248	157	Erin Henry	36 F	Wilmington	34:55.4
249	260	Kristen Menslage	34 F	Tewksbury	35:11.2
250	381	Mary Young	64 F	Wilmington	35:14.9
251	214	Christine Lubawski	37 F	Tewksbury	35:29.6
252	215	Zachary Lubawski	8 M	Tewksbury	35:29.7
253	355	Debbie Vince	51 F	Wilmington	35:18.4
254	161	Mary Hesson-Goon	30 F	Tewksbury	35:11.4
255	81	Cathy Daugusta	45 F	Wilmington	35:22.2
256	385	Diane Zwicker	45 F	Tewksbury	35:21.9
257	325	Nancy Sands	52 F	Tewksbury	35:46.5
258	42	Kathy Carleton	47 F	Tewksbury	36:02.5
259	310	Andrea Rego	37 F	Wilmington	35:35.8
264	51	Sara Chella	35 F	Wilmington	35:59.1
268	226	Jennifer Malizia	45 F	Tewksbury	36:36.0
270	293	Jennifer Picard	37 F	Wilmington	36:26.1
271	265	Alicia Mulkern	34 F	Tewksbury	36:22.6
273	329	Carrie Schoenholtz	42 F	Wilmington	36:22.4
276	357	Dianne Vitale	47 F	Wilmington	36:45.4
277	150	Kristin Harris	43 F	Wilmington	36:45.8
278	77	Mary-Eileen D'Angel	51 F	Wilmington	36:46.3
281	399	Jacqueline Abreu	48 F	Wilmington	37:15.9
282	127	Beth Gardner	52 F	Tewksbury	37:15.0
286	275	Jeannie Nasiff	56 F	Wilmington	37:25.2
288	219	Dan Madore	43 M	Wilmington	37:16.8
289	11	Monica Archer	44 F	Wilmington	37:50.7
293	134	Michelle Giuliana	46 F	Wilmington	38:35.3
294	142	Wayne Goon	30 M	Tewksbury	38:24.7
295	60	Anne Clinton	52 F	Wilmington	38:48.5
299	48	Sofia Cataldi	10 F	Wilmington	38:57.7
300	387	Jeannine Foley	36 F	Tewksbury	38:52.2
304	14	Lidia Azevedo	58 F	Wilmington	39:17.0
305	80	Christine Danas	58 F	Wilmington	40:21.3
306	201	Tricia Langeleh	49 F	Tewksbury	41:00.5
307	379	Tricia White	44 F	Tewksbury	41:06.3
309	331	Nirav Shah	43 M	Wilmington	40:24.8
310	302	Amanda Priest	23 F	Tewksbury	41:31.1
311	273	Gregory Najarian	44 M	Wilmington	41:32.0
312	274	Sarah Najarian	8 F	Wilmington	41:31.5



Top left, David Crane and top right Ken Warren, both of Wilmington, competed in Saturday's 5K event. (photos by Bob DeChiara).

Place	Bib#	Name	Age/Sex	Town	Time
314	197	Chris Kittredge	47 F	Wilmington	42:20.5
315	64	Antonieta Cormier	38 F	Wilmington	42:23.6
316	66	Giuliana Cormier	8 F	Wilmington	42:23.3
322	232	Nicole Marrone	35 F	Wilmington	43:39.5
323	234	Gianna Marrone	7 F	Wilmington	43:40.2
324	1368	Rebecca McGrath	45 F	Wilmington	44:01.2
327	136	Melissa Gleaton	43 F	Tewksbury	44:21.6
329	190	Dionne Kierstead	41 F	Tewksbury	45:05.4
330	49	Julia Cataldi	8 F	Wilmington	46:21.0
331	47	Laura Cataldi	46 F	Wilmington	46:25.3
334	68	Amy Cox	53 F	Wilmington	47:05.6
335	312	Sheila Robichaud	54 F	Wilmington	47:07.0
339	30	Linda Bresnahan	49 F	Wilmington	48:55.2
342	23	Carolyn Blair	9 F	Wilmington	49:50.8
343	78	Deb D'Amato	54 F	Wilmington	50:01.4
344	146	Laurie Gullotto	39 F	Wilmington	50:05.4
347	85	Ellyn Delaney	52 F	Wilmington	51:16.8
348	231	Julia Marra	7 F	Wilmington	52:55.8
349	15	Maeve Kennedy	7 F	Wilmington	53:04.2
350	107	Michelle Drozdowski	41 F	Wilmington	53:03.7
351	189	Wade Kennedy	40 M	Wilmington	53:10.0
356	239	Linda Masiello	64 F	Tewksbury	54:02.3
363	162	Carol Hilbinger	51 F	Wilmington	54:33.4
364	195	Cadence King	8 F	Tewksbury	56:41.4
365	175	Patty Jensen	49 F	Tewksbury	56:55.6
366	178	Olivia Jensen	8 F	Tewksbury	56:56.4
371	306	Jennifer Ragsdale	42 F	Wilmington	58:54.2

Knee injury doesn't stop Hjelmstad

FROM PAGE SP1W

Finishing sixth-overall, Hjelmstad led wire-to-wire and crossed the finish line in a time of 18:56. Her nearest competition was Arlington's Kaitlin Sheedy, who finished a distant second-place in 19:21.

"I have a tendency to go out like a bat of hell and then try to hold on," explained Hjelmstad when asked to explain her typical racing strategy. "When there aren't any other women to run with, I try to identify a male who is running my pace and latch on to him. Today, I really couldn't find anyone so I ran most of the race alone."

What made Hjelmstad's accomplishment even more noteworthy was a knee injury she sustained soon after completing Lowell's Bay State Marathon in late October. In that event, Hjelmstad finished 157th-overall in an impressive

time of 3:08:35. She also claimed 5th in the female masters division.

Earlier this year, Hjelmstad completed the Boston Marathon in 3:33:54, trailing Sole Sister RC President Jill Chisholm by 2-minutes.

Unlike many of the nearly 400 finishers in the Solstice 5K, Hjelmstad didn't seem to mind the cold weather. She also enjoyed the course.

"This is the first time I've run this course in a race," she said. "I run these roads all the time in training. There are just a few bumps but no big hills to speak of. It's a fast course."

When she's not nursing an injury, Hjelmstad typically runs five days a week in 10-mile doses and supplements the distance with once-weekly track or tempo workouts. She holds an 18:20 personal best at the 5K distance.

Formerly of Bourne,

Hjelmstad works at financial firm BNY Mellon as a Performance Analyst. She didn't run in high school or college. Instead, like many of her Sole Sister teammates, she took up running later in life as a means to "get some exercise."

Hjelmstad, 42, has been a member of the Sole Sister RC for three years, and repeated the mantra often heard when members describe this outstanding organization which orchestrated an exemplary first time event on Saturday.

"There were a number of the Sole Sisters out on the course today, shouting their encouragement," she said. "I don't believe they knew I would be running today because of the knee injury. The club's President, Jill Chisholm and I are good friends. They're always so supportive."

Adamek warming up at the right time

FROM PG SP1W

when I couldn't feel my hands. I was running for awhile with a Greater Lowell guy (Perloff) and we were neck-and-neck the whole time and it ended up being a great race between us."

Adamek, 16, can claim a number of other "great races" in his fledgling runner career. Recently, the high school junior finished 11th-overall in November's Division 4 Eastern Massachusetts Cross-Country Championship.

As had been the case throughout the Wildcat's cross country season, Adamek was part of a potent duo that included teammate Ben Packer. The talented pair led Wilmington to a second place finish out of 23 teams entered in the meet.

"I ran 16:55 at States and medaled there," said Adamek, who trailed his teammate on the Wrentham course by a mere 1-second. "Ben Packer is the leader of

our team and I've been the number two runner, behind him. He's a senior, so next year if I step it up, I could be the number one runner on our team."

Adamek actually took a step in that direction at the MIAA All-States. He led the Wildcat contingent in the season-ending meet, edging Packer by 2-seconds, 18:33 to 18:35, and placing 61st overall of 177 Division 2 competi-

tors. Adamek is a three-season distance runner for the Wildcats, holds a 4:45 personal record for the mile, and after completing the Winter Solstice 5K, showed maturity beyond his years.

"I won the cash prize for finishing third today," he said. "But I donated it back to them."

Sole Sisters make it a success

FROM PG SP1W

teers, many who also ran the race." Chisholm paid tribute to Nicolle Renick, a talented graphic designer, who was responsible for the popular logo on the event t-shirts, which were distributed to the first 200 registrants. Chisholm also gave credit to Kristin Vaillancourt and Meghan Wayne, who garnered 50 sponsors for the event.

"The proceeds from this race will be used to offset race expenses, grow our scholarship fund, and enhance member benefits and programs," shared Chisholm. "This race has placed our club on the path to future success. I'm really excited for the 2nd annual Winter Solstice 5K which will be held on Saturday, December 14th."

Longtime Football Coach

Woburn legend Rocky Nelson passes away at age 74

By STEVE ALGERI
Daily Times Chronicle

WOBURN — All Rocky Nelson ever wanted to do was be associated with Woburn High football.

First there were three years as an outstanding player from 1959-61 and then as an assistant coach beginning in 1970. Nelson took over as head coach beginning in 1986 and carrying through the 2016 season, making for 47 straight years coaching Woburn football.

Nelson, who passed away on December 2 at age 74, was the fabric of Woburn. By his own admission he bled Black & Orange. Perhaps no one is as closely associated to the city of Woburn than Rocky Nelson was.

There was nothing else Nelson wanted to do than coach Woburn High football and that was very transparent. Heck, he went by "Rocky." Is there a better name for a coach?

This was his dream job. He had no qualms being the loyal assistant coach under three different Woburn High head football coaches (Len Hill, Mike Murphy and Peter Sullivan) until his chance came in 1986.

Woburn football was never about Nelson. He didn't want the spotlight yet it did seem to gravitate toward him. His pregame speeches were legendary. Ch. 5's Mike Lynch on his "Thanksgiving Herbs" segment on the station routinely filmed Rocky's inspirational pregame speeches.

Family was hugely important to Nelson. He would get the ritualistic postgame kiss after every game from daughters Courtney and Tiffany, who along with wife Alison, rarely missed a Woburn game when Nelson coached.

Nelson would always be in attendance for a grandson's game as well as daughter Courtney's Woburn High softball games where she is head coach.

During the winter he would also be seen in the front row at Torrice Gymnasium watching the girls and boys basketball teams.

But, football was his passion. He was co-captain of the Northeastern Conference champion 1961 Woburn High team, beginning his senior season as a 16-year-old high school senior.

After a post-grad year at Bridgeton Academy it was on to star at the University of Cincinnati where he still kept tabs on the program.

He then began a teaching career at Woburn High where he was a phys ed. teacher in the system for 37 years before his retirement.

Nelson remained head coach even in his retirement years. He'd yearly be asked when he was going to retire as head coach.

"Why? I got the best of both worlds," he said. "I've got my pension and I get to keep busy four months a year coaching something I love."

Nelson's football specialty was coaching defense. Those

were his defenses that backboned the 1975 and 1979 Division 1 Super Bowl champs.

When he became head coach, he'd still focus mainly on that side of the ball and bring on fine offensive minds to guide the offense.

Nelson was active in the State Football Coaches Association and served as its president. He was quite involved with the Middlesex League and more than proud of the reputation the ML had. It pained him in recent years when the league split and not every team played the other.

Nelson was a true ambassador of the game. He'd promote the sport in camps and was always a good interview.

A true gentleman in the purest sense, he was never critical of officials, players or other teams.

When he'd be interviewed for pregame stories by the Daily Times Chronicle, his positivity exuded. His teams always had "a good week of practice" and they always "were ready to play."

His Woburn teams always "played hard." His teams rarely out-finessed anyone because he loved power football offensively, and aggressive, attacking defense.

Old school, through and through.

After games, win or lose, he was always accessible and never rushed a reporter along. He stayed as long as you needed him for an interview and was always professional.

As he grew older he never



Rocky Nelson, holding the game ball, is carried off the field by his team at the end of his last game — a 22-21 win over Winchester on Thanksgiving Day in 2016. The Woburn coach died on Dec. 2 from lung cancer at the age of 74. (photo by JoeBrownphotos.com).

wanted the game "to pass him by." He surrounded himself with good, young coaches to advance his knowledge.

The power-I and wishbone offensives became a thing of the past, being replaced by the spread. Nelson was by no means "set in his ways."

All coaches' time eventually comes and Nelson announced during his Hall of Fame speech at the annual Massachusetts High

School Football Coaches Association dinner in April of 2016 that the upcoming season would be his last.

He said at the time that there were many reasons, from the MIAA playoff format, to the elimination of double sessions that made the game "not what it used to be."

His son-in-law Duane Sigsbury knew that Nelson still had a lot left to give to

the game and asked him to come on to his Billerica staff as a line coach. For parts of the past two years, before his illness got the best of him, Nelson was there with his usual energy helping high school players to be better.

Rocky Nelson may be gone now, but his legacy surrounding the Woburn football program will forever endure.

Avoid injury while shoveling snow

By GREG CROSSMAN
Guest Columnist

With winter upon us we will undoubtedly be out there shoveling and snow blowing our driveways and walkways.

At Complete Game Physical Therapy we see patients in the clinic every year after suffering injuries while shoveling snow. Today I wanted to pass along some tips on ways to avoid injury while shoveling snow along with some helpful stretches you can do before going out to take care of the snow.

Snow shoveling is a repetitive activity that can cause muscle strain to the lower back and shoulders. Back injuries due to snow shoveling are more likely to happen to people who may not know that they are out of condition.

Following these tips can help you avoid injuries:

- Lift smaller loads of snow, rather than heavy shovelfuls. Be sure to take care to bend your knees and lift with your legs rather than your back.

- Use a shovel with a shaft that lets you keep your back straight while lifting. A short shaft will cause you to bend more to lift the load.

- Using a shovel that's too long makes the weight at the end heavier. Step in the direction in which you are throwing the snow to prevent the low back from twisting. This will help prevent "next-day back fatigue."

- Avoid excessive twisting because the spine cannot tolerate twisting as well as it can tolerate other movements. Bend your knees and keep your back as straight as possible so that you are lifting with your legs.

- Take frequent breaks when shoveling. Stand up straight and walk around periodically to end the

- Backward bending exercises while standing will help reverse the excessive forward bending of shoveling. Stand straight and tall, place your hands toward the back of your hips, and bend

backwards slightly for several seconds.

If you or anyone you know is experiencing back pain,

consult a licensed physical therapist.

Here are a few helpful stretches to try before going out to shovel or snow blow:

- Forward bend — It is important not only to stretch the low back and hamstrings with this stretch but also work on proper form with bending. Focus on moving through your hips and not your back, as you bend forward your hips should sit back, bend forward till you feel a gentle stretch in your low back and hamstrings. Hold for a few seconds then slowly return to standing.

- Hamstring stretch — Hamstrings are an area that typically need some extra stretching for most of us. They tend to be tight in most people especially if you sit for a lot of the day. Put your foot up in a chair or on a step, keep your back straight and bring your chest you feel a gentle pull in the back of your leg. Hold for 15-20 seconds.

- Calf stretch — The muscles in the lower leg are also prone to being tight. Stand with one foot in front of the other with toes pointing straight ahead. Keep the back heel down and bend the front knee forward. You should feel the stretch in the lower leg of the back leg. Hold for 20-30 seconds.

- Quad stretch — The muscles in the front of the thighs are important while shoveling as well. Stretch them by placing one foot on back or arm of chair behind you till you feel a gentle pull in front of thigh. Hold for 15-20 seconds.

At Complete Game Physical Therapy injury prevention is one of our primary goals. We provide wellness movement screens to ensure that your body is moving properly and efficiently. With the results of the screen we are able to provide you with a set of corrective exercises to improve your mobility and keep your body moving the way it should.

If you are interested in a wellness movement screen or have any questions please contact us at 978-710-7204 or



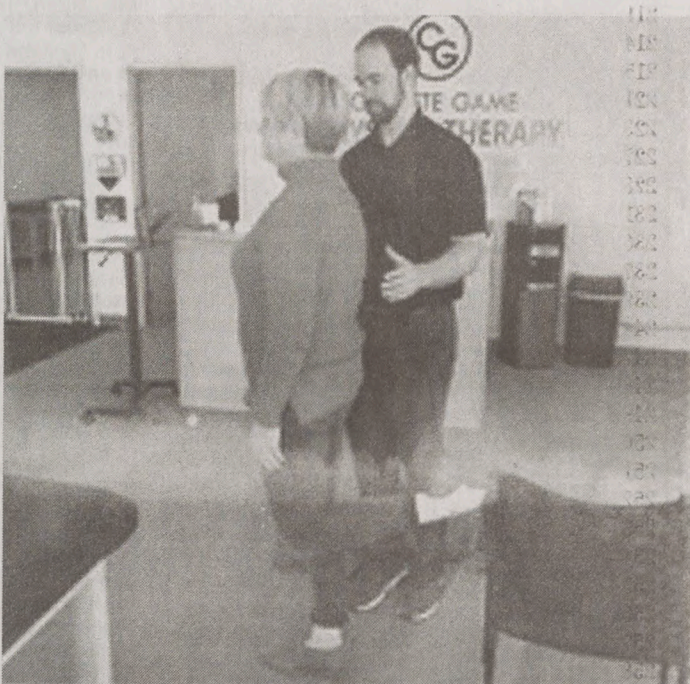
FORWARD BEND



HAMSTRING STRETCH



CALF STRETCH



QUAD STRETCH

COMPLETE GAME
PHYSICAL THERAPY

We treat every Individual like an Athlete
and every Athlete like an Individual

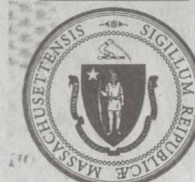
1703 Middlesex St.
Lowell, MA 01851
(978) 710-7204
CompleteGamePT.com



National Letter of Intent Day

Last Thursday morning, WHS honored senior athletes, Alyssa Bernazani, left, and Emma Garrity, right, who both signed their letters to attend and compete at Merrimack College for soccer, and Bryant University for track, respectively. (photo courtesy of WHS AD Tim Alberts)

LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

MIDDLESEX DIVISION
INFORMAL PROBATE
PUBLICATION NOTICE

Docket No.
M118P5704EA

Estate of:
George J. Williams II
Date of Death:
April 14, 2016

To all persons interested in the above captioned estate, by Petition of Petitioner Frances H. Williams of Wilmington MA.

Frances H. Williams of Wilmington MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

181557 12/12/18



LEGAL NOTICE



TOWN OF TEWKSBURY
CONSERVATION
COMMISSION

PUBLIC HEARING
Request for
Determination of
Applicability

Notice is hereby given that the Tewksbury Conservation Commission will hold a Public Hearing on December 19, 2018 at 7:00 P.M. in the Tewksbury Town Hall Auditorium, 1009 Main Street, Tewksbury, MA 01876 on an application filed by Andrew Stack for a Request for Determination of Applicability for removal of old substandard or damaged guardrail and the installation of new steel beam guardrail or wooden rail. Proposed work is within bordering land subject to flooding, and within the buffer zone of bordering vegetated wetlands. Work is proposed within various locations throughout Town within the Right-of-Way (please see the application for the complete list).

The application may be examined in the Community Development Department, 1009 Main Street, Tewksbury, MA (978-640-4370 x255), Monday thru Friday 7:30 am - 4:30 pm. Legal Notice can also be viewed on www.masspublicnotices.org.

Stefania Gallo
Conservation Agent/
Planner
181502 12/12/18

LEGAL NOTICES ARCHIVE

All published legal notices are posted to the Massachusetts Public Notices website. To search the archive of previously published legal notices go to:

www.homenewshere.com
OR
masspublicnotices.org/Search.aspx

LEGAL NOTICE



TOWN OF TEWKSBURY
BOARD OF APPEALS

Notice is hereby given that the Tewksbury Board of Appeals will hold a public hearing on December 27, 2018 at 6:30 P.M. in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by Timothy and Susan Dooley for a variance from Section 4130, Appendix B and Section 4132 of the

Tewksbury Zoning Bylaw for side yard setback and lot coverage to construct a 25' x 30' family suite addition and farmer's porch as shown on plans filed with this Board. Said property is located at 10 Coburn Avenue, Assessor's Map 58, Lot 58, zoned Residential.

The application may be examined in the Community Development Department, 1009 Main Street, Tewksbury, MA (978-640-4370 x248), Monday thru Friday 7:30 am - 4:30 pm. Legal Notice also available on www.masspublicnotices.org.

Robert Dugan,
Chairman
181548 12/12/18

LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF
THE TRIAL COURT

18 SM 006745

ORDER OF NOTICE

TO:
John J. Pickett;
Donna M. Pickett

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. 50 §3901 (et seq):

U.S. Bank National Association, as successor Trustee to State Street Bank and Trust Company as Trustee for Bear Stearns Mortgage Securities Inc., Trust Series 1997-4 Bondholders

claiming to have an interest in a Mortgage covering real property in Wilmington, numbered 19 Crescent Street, given by John J. Pickett and Donna M. Pickett to Gibraltar MoneyCenter, Inc., dated July 23, 1987 and recorded with the Mid-

dlesex County (Northern District) Registry of Deeds at Book 4165, Page 113, as affected by a Judgment dated July 30, 2018, and recorded in said Registry in Book 32331, Page 73, and now held by plaintiff by assignment has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before January 7, 2019 or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, GORDON H. PIPER, Chief Justice of this Court on November 23, 2018

Attest:
Deborah J. Patterson
Recorder
(18-013043 Orlans)
181549 12/12/18

Where's the Action?

Day	Date	Sport	Opponent	Time
Tewksbury High Sports				
Saturday	December 15	V Wrestling	at Wilmington Tour	10:00 am
Saturday	December 15	V Girls Hockey	at Billerica	2:00 pm
Saturday	December 15	V Boys Hockey	at North Andover	5:00 pm
Saturday	December 15	V Gymnastics	at Andover	7:00 pm
Saturday	December 15	V Girls Hoop	vs Con-Carlisle	7:30 pm
Monday	December 17	V Boys Hockey	at Billerica	7:00 pm
Tuesday	December 18	V Girls Hoop	at North Andover	7:00 pm
Tuesday	December 18	V Boys Hoop	vs North Andover	7:00 pm
Wednesday	December 19	B/G Track	MVC Meet at BU	4:00 pm
Wednesday	December 19	V Wrestling	vs Lawrence	6:00 pm
Wilmington High Sports				
Thursday	December 13	B/G Track	vs Melrose at BU	4:30 pm
Thursday	December 13	V Swimming	at Ham-Wenham	8:00 pm
Friday	December 14	V Girls/Boys Hoop	vs Burlington	5:15/7pm
Friday	December 14	V Swimming	vs Lynnfield	7:30 pm
Saturday	December 14	V Wrestling	SOI Tournament	10:00 am
Saturday	December 15	V Boys Hockey	vs Belmont	12:00 pm
Saturday	December 15	V Girls Hockey	at Belmont	1:00 pm
Sunday	December 16	V Girls Hockey	at Bishop Fenwick	9:00 am
Sunday	December 16	B/G Track	at Winter Festival RLC	10:00 am
Tuesday	December 18	V Girls Hoop	vs Reading	6:00 pm
Tuesday	December 18	V Boys Hoop	at Reading	6:00 pm
Wednesday	December 19	V Wrestling	vs Burlington	6:00 pm
Wednesday	December 19	V Girls/Boys Hockey	at Reading	6:45 pm
Shawsheen Tech Sports				
Friday	December 14	V Boys Hoop	at Mystic Valley	5:30 pm
Friday	December 14	V Girls Hoop	vs Mystic Valley	5:30 pm
Saturday	December 15	V Wrestling	at Wilm Tourny	10:00 am
Saturday	December 15	V Girls Hockey	vs Oakmont	11:00 am
Tuesday	December 18	V Girls Hoop	vs Northeast	5:30 pm
Tuesday	December 18	V Boys Hoop	at Northeast	7:00 pm
Wednesday	December 19	V Swimming	vs Blue Hills	3:30 pm
Wednesday	December 19	V Girls Hockey	vs Auburn	7:00 pm
Wednesday	December 19	V Wrestling	vs Nashoba Tech	7:00 pm

Wilmington Bantam 1 hockey team doubles up on Worcester Jr. Crusaders

On a crisp December morning the Wildcats Bantam 1 hockey team traveled to the Lawrence Academy in Groton to face off against the Worcester Junior Crusaders and landed a solid 4-2 victory.

Wilmington showed up ready to play and hit the ice skating hard. A quick start saw each team exchanging some scoring chances early in the game, but the Wildcats would strike first.

At 6:25 Ryan Murray picked up a pass from Bobby Dodge and, goalie, Justin Finnegan in the defensive zone. Murray rushed up the ice flying through the offensive zone, split the Crusader's defense and took the puck to the net hard beating their goalie through the legs with a nice move to put Wilmington up 1-0.

Worcester fought hard to tie it up only to be denied by some outstanding goaltending from Finnegan and some shut down defense from Jack Andersen, Jacob Smith, Will Lamonica, Murray and Dodge.

The Wildcats moved the puck well making some great passes and putting shots on net. Mike Maselli centered a line with Nicholas Spencer and Dylan Mullarky on the wings. That trio nearly scored on a couple of different occasions.

Wilmington extended it's lead with 2:38 left to play in the first when Will O'Shea deflected an attempted Crusader breakout pass to Alex Burns. Burns slid the puck back to O'Shea on the wing and he ripped a nice wrist shot into the net to make it 2-0. Jr Crusaders were able to sneak in a powerplay goal with time running out to close the period at 2-1.

Second period action was fast and much more physical with the opponent, again, trying to tie it up. The Wildcats responded nicely, not backing down at all and at 6:46 while in the attacking zone, Smith banked a nice pass off the end boards to O'Shea who fed Michael

Sullivan right out in front. Sullivan cranked the puck into the net to give the Cats a 3-1 lead.

Worcester struggled to move the puck against the fired up Wildcats and came up empty as good forechecking and solid defense were key.

Wilmington entered the final frame up two goals and added to that just under three minutes in. Cam Gagnon carried the puck into the attacking zone, powered through the defense

and put a sweet backhand shot up over the Crusader goalie's shoulder to put Wilmington on top 4-1. Brett Gallucci and Chris Patterson played strong wings on that line all game.

Worcester was able to add a late tally which made it 4-2 but that's the closest they got as the Wildcat's team effort was massive down the home stretch. Sullivan's second period goal proved to be the game winner as Wilmington celebrated it's convincing 4-2 win!



Alex Kramer of Cambridge was the overall winner of Saturday's Wilmington 5K Road Race.

(photo by Bob DeChiara).

LEGAL NOTICE



TOWN OF TEWKSBURY
Northern Middlesex
Regional Emergency
Communication Center
Tewksbury, MA

ADVERTISEMENT FOR BIDS

The Town of Tewksbury, Massachusetts invites sealed proposals from Contractors for the Construction of the New Northern Middlesex Regional Emergency Communication Center, Tewksbury, Massachusetts. The work includes, but is not limited to, construction of a new single story facility including site clearing and preparation. There is an alternate to provide a Pre-action Fire Protection System as indicated on sheet FP1.00. The estimated cost of the work is \$4,350,000.

Plans, specifications and other Contract Documents will be available 100% electronically and may be seen, examined or obtained for free at www.Projectdog.com using Project Code 829256, after 10:00 A.M., E.D.T., Thursday, December 13, 2018. Go to www.Projectdog.com and click "Sign Up" for free, or log in with your existing account. Enter Project

Code 827595 in the project locator box. Select "Acquire Documents" to download documents, review a hard copy at Projectdog's physical location, or request a free project CD. Questions regarding the website or project distribution should be directed to Projectdog at (978) 499-9014. Documents will not be mailed.

A pre-bid conference will be held for all interested parties on-site on Wednesday, December 19, 2018 at 10:00 AM at 999 Whipple Road, Tewksbury, MA; meet outside the adjacent DPW building. Attendance at this pre-bid conference is strongly recommended for parties submitting a bid.

This project is being Electronically Bid (E-Bid). All bids shall be submitted online at www.Projectdog.com. Hard copy bids will not be accepted by the Awarding Authority. Tutorials and instructions are available online at www.Projectdog.com. For assistance, contact Projectdog at (978) 499-9014. Complete instructions for filing Bids and Sub-Bids are included in Section 00 11 13 Notice to Bidders.

Addenda, if issued, will be posted to Projectdog.com with e-mail notification to every individual or firm on record as having received a set of Contract Documents. Hard copies of addenda

will not be mailed or faxed. It shall be the sole responsibility of the Contractor to ascertain the existence of any and all addenda.

File sub-bids for this project will be accepted from eligible bidders in the categories of: Acoustical Tile, Electrical Work, Fire Protection Sprinkler Systems, Glass and Glazing, HVAC, Metal Windows, Painting, Plumbing, Roofing and Flashing, and Tile. File sub-bids must be submitted online at www.Projectdog.com before 12:00PM, Wednesday, January 9, 2019. All Filed-Sub-Bids shall be accompanied by a Certificate of Eligibility and a DCAMM Update Statement.

General bids for this project must be submitted online at www.Projectdog.com before 12:00PM, Wednesday, January 23, 2019. Each General Bidder must submit with their bid, both a current Certificate of Eligibility as issued by DCAMM and an Updated Statement current as of the bid date. Category of Work is General Building. Each general bid, and each filed-sub-bid shall be accompanied by five percent (5%) of the greatest possible bid amount, considering all alternates, in the form of Certified Check, Cashier's Check or Bid Bond payable to the Town of Tewksbury. Bid deposits will be dealt with as provided in Mass-

achusetts General Laws, Chapter 149, Section 44B.

The successful bidder will be required to furnish a Performance Bond in the amount of one hundred percent (100%) of the total bid, and a Labor and Materials Payment Bond in the amount of one hundred percent (100%) of the total bid.

Bids shall be made on the basis of the Minimum Wage Rates as determined by the Commissioner of Labor and Industries, Pursuant to the Provisions of Chapter 149, Sections 26 to 27D inclusive of Massachusetts General Laws, a copy of which is attached to and is made a part of the Contract.

Bidders' selection procedures and contract award shall be in conformity with applicable statutes of the Commonwealth of Massachusetts. The Awarding Authority reserves the right to reject any or all general bids, if it be in the public interest to do so, and to reject any sub-bid on any sub-trade if it determines that such sub-bid does not represent the sub-bid of a person competent to perform the work as specified or that the prices are not reasonable for acceptance without further competition.

TOWN OF TEWKSBURY
Richard A. Montuori
Town Manager
181550 12/12/18

Blazers' defense prevails in final seconds over Suns

**Tewksbury Youth Girls
Hoop Summaries
Senior Division
Blazers 28, Suns 27**

The Blazers won this nail biter with scoring from Rachel Picher with ten (10), followed Ashley Demers and Maddy Montejó with six (6) each. Samantha Perkins added four (4) and Rebecca Langone with two (2). Maisan Nguyen, Alyssa Gray contributed on defense side. Sam Ryan, Lily Gigante and Brooke Bunyan were missing for the game.

Down by seven entering the fourth quarter, the Suns fought their way back to tie the game with under two minutes to play. They had the ball on an inbound attempt with five seconds to go down by one. Got the ball into Madison Stovesand, who got the shot off, but it was a little bit too long. Emma Nowell and Darya Mehrabani did a good job of setting picks to get girls open shots. Their scoring came from Kati Polimeno 11, Kiley Kennedy 10, Jennie Lester, Madison and Alyssandra Ragusa with 2 each.

**Intermediate Division
Jayhawks 33, Eagles 20**

The Eagles were short-handed for this contest (7 players available) and battled to keep this game close for the first three quarters. The Jayhawks pulled away in the last quarter and beat the Eagles 33-20.

Whitney Gigante led the Eagles in scoring with nine points. Also contributing to the scoring was Dakota Malizia (7 points), Paige Crowley (2 points) and Anya Cranston (2 points). Chloe Burns, Aislin Davis and Autumn Gallant contributed with strong rebounding and defensive play while logging extra playing time due to the reduced numbers for this

game!

Wolverines 25, Badgers 11
The Wolverines starting five of Emily Picher, Morgan Crowley, Alex Civitarese, Emma Lanziero, and Tia Smith were prepared. They were a solid defensive unit lead by Alex, who had numerous blocked shots, key rebounds in the paint, and a few jump balls.

On the offensive side of the ball, Emily was shooting wonderfully scoring seven points in the first quarter, while Tia added a key outside shot to get the team in a comfortable lead. For quarter two Makayla Stovesand and Molly MacDonald joined Morgan, Emily, and Alex to continue pressuring the Badgers team. Makayla had a key outside jump shot nearing the end of the first half that gave us a comfortable 11-2 lead.

The team came out strong in the second half with Tia Smith adding another four points in quarter 3, but Alex Civitarese earned her nickname of Defense Queen with her continued pressure under the net. She had numerous blocks, rebounds, and kept the Badgers out of the paint the entire time she was in the game. She also had some great shots offensively that just didn't fall. Molly too had some great steals and added to our scoring in the fourth quarter. Emma Lanziero was pivotal with rebounds, helping on the inbound plays, and continued pressure on the Badgers centers.

To round out the Wolverine scoring Tia Smith added another seven points, Makayla Stovesand went one for two at the line, and again Molly added a key basket that secured the team's first win.



Alex Kramer, David Perloff and Ken Warren get started during Saturday's 5K Road Race held in Wilmington; and below on the left, Fil Faria and to the right, Jake Aquino, both of Tewksbury, compete in the same event.

(photos by Bob DeChiara)



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